PUTIN RETURNS

THE RUSSIAN LEADER IS BACK FOR HIS THIRD TERM AS PRESIDENT, BUT NOT EVERYONE IS HAPPY ABOUT IT PAGE 12

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Passengers sue Air Canada over groggy pilot's conduct

$20M class action. Confused co-pilot sent Toronto-Zurich jet plunging when he thought it was about to collide with U.S. military aircraft

Passengers who went through a terrifying ordeal when a groggy co-pilot on a trans-atlantic flight mistakenly sent a plane plunging toward the ocean launched a class-action suit against Air Canada on Monday.

The statement of claim obtained by the Canadian Press shows the passengers are seeking $20 million in general and punitive damages.

At the heart of the punitive-damages claim is what the suit alleges was a coverup by the airline, which blamed turbulence for the incident that injured 16 people on the Toronto-to-Zurich overnight flight in January last year.

The passengers "were told that this was turbulence and now they find out it wasn't turbulence at all," lawyer Darcy Merkur said.

The suit alleges Air Canada "actively covered up the true cause of the terrifying episode." It also accuses Air Canada of various failures in identifying and dealing with tired crew and of pressing indemnity waivers on passengers without telling them what had happened.

Air Canada spokesman Peter Fitzpatrick said he was not yet aware of the suit.

A Transportation Safety Board report released last month says the groggy co-pilot had just awakened from a nap and was "confused and disoriented" when he at first mistook the planet Venus for an approaching aircraft.

To avoid what he thought was an imminent crash, the co-pilot overrode the auto-pilot and the plane dived 120 metres then lurched 240 metres back upward before the captain regained control.

THE CANADIAN PRESS

CLOSING ARGUMENTS BEGIN

PAGE 8

Deborah Murphy, mother of Michael Rafferty, left, and Tara McDonald, mother of slain Tori Stafford, appear outside court on Monday during Rafferty's murder trial in London. The defence delivered its closing submissions on Monday, with the Crown expected to follow on Tuesday. DAVE CHIDLEY/THE CANADIAN PRESS

Surplus? What surplus?

You thought that extra $292 million was going to be used to save the High Park Zoo, seniors' benefits and other city programs? Silly you. Instead, watch out for new subway cars and sick-pay gratuities for retiring Toronto cops PAGE 6

Forever Yonge

For Torontonians of a certain age, the Yonge Street Mall of the early 1970s was the heyday of Canada's most famous street. Now organizers are hoping to recreate the groovy vibe with this summer's Celebrate Yonge festival PAGE 3

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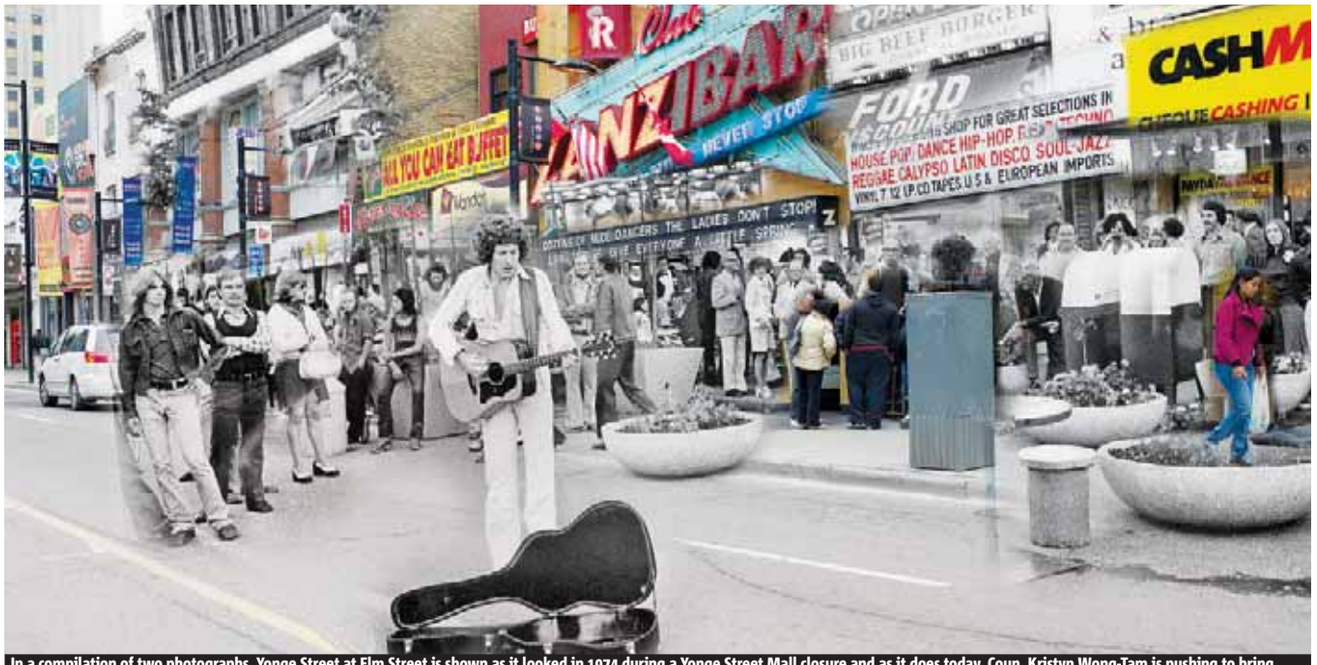
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THE LADIES DON'T STOP!

In a compilation of two photographs, Yonge Street at Elm Street is shown as it looked in 1974 during a Yonge Street Mall closure and as it does today. Coun. Kristyn Wong-Tam is pushing to bring back the Yonge Street Mall between Richmond and Gerrard for a month this summer. LUCAS OLENIUK/TORSTAR NEWS SERVICE PHOTO ILLUSTRATION

Yonge Street might get a lot more pedestrian-friendly

Happy feet. Summer festival looks to temporarily close two lanes of traffic on the busy downtown street

It's Canada's most famous stretch of road. But cruising downtown Yonge Street by car will be more difficult this summer if the city agrees to close two lanes of traffic for a proposed Celebrate Yonge Street festival.

There would be more space for the already overflowing foot traffic if cars are restricted to a single lane in each direction between Gerrard and Richmond Streets, say the DownTown Yonge Business Improvement Area (BIA) and Coun. Kristyn Wong-Tam.

For one month sidewalks would be bumped out onto the road with decorative planters to separate people from cars, allowing visitors to experience Yonge "in more creative ways," said BIA executive director James Robinson.

The festival, Aug. 17 through Sept. 16, would coincide with prime tourist season and attractions such as the CNE and the Toronto International Film Festival. Ryerson University students would also be returning to class.

Citing the experience in Little Italy, Robinson notes that several city neighbourhoods have come into their own in recent years, thanks in part to wider sidewalks.

"What tends to happen on Yonge Street is people go from A to B and they don't really experience our main street in a positive way," he said.

Unlike the Yonge pedestrian malls staged during the 1970s, nobody is suggesting the street be completely off-limits to cars.

Wong-Tam is taking the festival concept before the Toronto and East York Community Council on May 15 and then city council on June 6.

TORSTAR NEWS SERVICE

Hit the road

The street has more car capacity than it needs, said Coun. Kristyn Wong-Tam.

- The BIA says people on foot outnumbered cars two to one in March. In the summer, presumably, foot traffic would be even heavier.
- A single lane of car traffic is more than enough to accommodate the 350 to 550 cars that travel in one direction in an hour on that stretch, said Wong-Tam.
- "To really qualify for four lanes we should be hosting 1,300 to 1,500 cars per hour," she said, adding motorists choose other routes.
- In the 1970s, city council was looking for more open pedestrian spaces in the core. By May 1971, the province had given the city the requisite approval for a pedestrian mall for May 30 to June 5 between Albert and Adelaide streets. The mall attracted up to 50,000 people a day.

Reaction

"I drive, and the traffic's too much already as it is. Two lanes would be crazy. And I go to school here, so it's going to be too hectic. So I don't think that would be a good idea." Anthony Bacchus, Herzing College student

"I don't think that's a good idea, because there will be 10 times more traffic, and it's only busy on weekends." Hanan Mohamed, Ryerson student

"Go for it, that sounds awesome ... it would make the street a lot livelier." Daniel Taylor, Urban Outfitters display artist

1 NEWS

On the web

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

Mobile news

After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

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Officer told kidnap victim not to call police, court hears

Justice. Constable on trial for six offences including obstruction of justice

Some 15 hours after kidnappers set him free, Simion Ternar says, he met Toronto Police Const. Ioan-Florin Floria, who assured him he would investigate.

Instead of bringing the kidnappers to justice, it is Floria who is on trial this week, having pleaded not guilty to six offences, including breach of trust, obstruction of justice, accessory after the fact to kidnapping, and money laundering.

That first meeting was one of four. Ternar said he contacted Floria, a fellow Romanian whom he knew socially, to help him find out who abducted and tortured him in November 2005.

"I knew he was a police officer and that maybe he could help me," Ternar said through a Romanian interpreter. Adding to his caution was the fact the kidnappers had threatened to kill him if he contacted police, he told the Superior Court jury.

Ternar says he heard one of the kidnappers speaking Romanian. The 31-year-old was doing maintenance at a marijuana grow-op in an apartment on Thorncliffe Park Drive when he was snatched from a parking lot as he left a gym on Eglinton Avenue East.

The kidnappers called the grow-op owner and threatened to kill his children if he didn't pay ransom. The owner paid $200,000 and Ternar was released.

Victim's account

"I looked like a disaster, you'd have to have known me very well to recognize me."

Simion Ternar, on being kidnapped and tortured

At their first meeting, Floria told Ternar not to call police nor go to the hospital, "or if you go, tell them you went skiing and fell," Ternar testified.

Ternar said his face was badly swollen and his lip cut. Floria knew of his involvement in the grow-op, he said.

At a subsequent meeting, Floria brought photos seized from a surveillance camera. One showed Ternar walking into the gym and another captured a man who, 'based on my description, this could be a kidnapper,'" Ternar said.

"He (Floria) wasn't able to obtain one that shows the face."

Another photo captured Ternar's car and the kidnapper's minivan without the licence plate visible.

"They look professional," Ternar said Floria told him. "That's when he said they might be police because they worked perfectly." The dates had all been removed from the photos.

By December 2005, Ternar, who is a Canadian citizen, had returned to Romania. Eleven months later, back in Toronto, he finally contacted police.

The trial continues Tuesday.

TORSTAR NEWS SERVICE

Smouldering cardboard a safety concern during Atlantic Packaging plant blaze

Toronto firefighters work to put out what remains of a fire at Atlantic Packaging near Midland Avenue and Cosentino Drive in Scarborough on Monday. It wasn't clear whether the fire originated inside the plant or outside, where smouldering cardboard remains had been piled up, said Toronto Fire acting platoon chief Randy Smith. Smith said the plant had self-evacuated before crews arrived and there were no injuries. He said the major concern was bales of soaked cardboard stacked 25 feet high that could topple over and harm one of his firefighters as they worked. The fire was called in at 4:15 p.m. with 21 firetrucks and five senior officers responding along with Toronto EMS and police.

TARA WALTON/TORSTAR NEWS SERVICE

Poached. ORNGE president leveraged job offer into higher salary: Source

Chris Mazza TORSTAR NEWS SERVICE

ORNGE's board hiked president Chris Mazza's annual payout to $2.6 million in salary, bonus and interest free loans after he told them a private firm was trying to "poach" him. Back in 2007, Mazza's annual salary was $298,000. That was the last year his salary was made public on the provincial sunshine list. The next year, ORNGE began creating for-profit companies and took the position that executive salaries would become secret.

TORSTAR NEWS SERVICE

Flat tire. Two killed on Highway 407 after leaving disabled vehicle

Two people were killed on Highway 407 Monday after stepping out of their car to check a flat tire.

The accident happened around noon near Yonge Street.

A westbound Toyota pickup truck struck the disabled vehicle and the two victims, Ontario Provincial Police said. One person was killed instantly and the other died in hospital.

Two other people were inside the car when it was struck. OPP Sgt. Woodford said they were not injured but are related to the deceased. Woodford said the passengers were not from the area and were en route to Brampton.

Three people were sent to hospital with minor injuries, one of whom was the female driver of the pickup truck.

TORSTAR NEWS SERVICE

Wrongdoing. Cops can't hide from SIU by resigning, retiring, top court rules

Police officers accused of criminal wrongdoing cannot escape scrutiny by Ontario's Special Investigations Unit simply by resigning or retiring before a complaint is made, the province's top court ruled Monday.

The ruling also affirmed the right of the agency to investigate alleged police crimes that occurred before it was set up in 1990.

In the case at hand, a woman complained in June 2010 that a police officer from Peel Region had sexually assaulted her during the early 1980s. She also alleged a second officer either witnessed or knew of the assaults.

The SIU, whose mandate is to probe serious injuries and deaths in which police may have acted criminally, began investigating.

THE CANADIAN PRESS

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Police service dog Titan and partner Const. Tara McLorn smile after Titan received a hero medal and was inducted into the Purina Animal Hall of Fame for saving a person's life, at a ceremony in Toronto Monday. NATHAN DENETTE/THE CANADIAN PRESS

Heroes, fur sure

Three dogs and a clever cat were inducted into the Purina Animal Hall of Fame on Monday morning, leaving few dry eyes in the room as their tales were told during a 90-minute ceremony in Toronto.

Bree

For more than a year and a half, Michele Gilks's 2-year-old dachshund Bree had the baffling habit of waking her at night for no apparent reason.

Three days before Gilks's 50th birthday, in September 2011, Bree's efforts reached a new level of desperation: She licked her owner's face, stood on her chest and stuck her snout in her mouth.

Gilks awoke and realized she had completely lost her breath. She was rushed to hospital and diagnosed with a severe case of sleep apnea, a disorder that can cause breathing pauses during sleep.

A doctor told her she could have died in her sleep and she'd probably had the condition, which can worsen with age, for several years. Suddenly, Bree's actions made sense: All that time, the puppy with the short legs and the "strange little sense of humour" was saving Michele's life.

Monty

Monty, a tabby cat from Camrose, Alta., bit her owner Patricia Peter's hand to wake her up, then rubbed against her leg, sat next to her diabetic testing kit and meowed. Peter's blood sugar was low; Monty's wake-up probably saved her from slipping into a diabetic coma.

On Monday, Monty wasn't quite ready for his moment in the spotlight. Apparently frightened by the crowd's applause, he squirmed free from Peter's arms and tore under the seats and down an empty hallway, meowing loudly all the way.

"He's just feeling very afraid today," she said, adding through tears that, "without Monty's determination and perseverance, I might not be here today."

The presenter, Councillor Denzil Minnan-Wong, forged on and presented Monty's Hall of Fame medal to Patricia instead. Peter's husband had to corner the cat before bringing him to the stage.

Titan

Titan (seen in the large photo above), a veteran Halton police German shepherd, was honoured for helping to find and rescue a suicidal woman who had consumed a dangerous amount of medication and was drifting down a river in high winds and torrential rain.

Titan is retiring this summer. His handler, Const. Tara McLorn, called the award "one of the proudest moments of my career."

"Everything was against us that night," she said. "We had no idea where the victim was, and Titan continued to search until he found her."

Nanook

Also honoured was Nanook, a Siberian husky cross, who woke owner Coleen Kilby of St. Catharines at 3 a.m. last May, after uncharacteristically following her all day.

Kilby realized she was having a heart attack, and was rushed to hospital for surgery. She is a nurse and thinks she might have had the attack in her sleep if not for her puppy's intuition. TORSTAR NEWS SERVICE

Budget committee says no to using windfall to save city programs

Year-end surplus. Buying more red rockets and topping up reserve funds beats out plans to keep needed programs alive

Efforts to use $1.7 million from a city windfall to save programs ranging from High Park Zoo to dentures for seniors have failed.

Instead, council's budget committee voted on Monday to stick with the plan recommended by city staff to earmark most of the $292 million year-end surplus to buy streetcars, with $52 million going to boost city reserve funds.

One of the moves was to put $6.5 million into the sick pay gratuity, a perk that gives retiring police officers up to nine months' pay if they bank unused sick days.

"I think the optics of it are not good, and I recognize that the optics are not good," said Councillor Mike Del Grande, the budget committee chair.

However, Del Grande said there was nothing his committee could do about the sick bank gratuity because the police collective agreement is negotiated by the police services board.

"That budget comes to the city and it's pay or else," Del Grande said. "People mistakenly think we're in charge of that particular budget."

Meanwhile, police board chair Alok Mukherjee told reporters at city hall that he needs the provincial government's help to reform the sick pay gratuity.

"We do have to find better ways to manage benefits," Mukherjee said. "My fellow board members share the concern, the province shares the concern, so there has to be a systemic response that has to be province-wide."

The committee voted down a number of proposals tabled by Councillor James Pasternak to restore items cut when the city's operating budget was set in January. TORSTAR NEWS SERVICE

Quoted

"At times, we (councillors) felt we were amputating before we really did the diagnosis. There was a belief that we had a very strong surplus that could preserve a lot of programs." Councillor James Pasternak

Up for debate

First cuts may have been too deep: Councillor

After his suggestions were voted down, Councillor James Pasternak told reporters he expects council will debate the items before any final decision is made.

The surplus, representing money left over in departmental budgets at the end of 2011, had been earlier estimated at $154 million. But the final figure came in at $292 million, thanks to a combination of higher revenues and lower costs than expected.

It's only natural that councillors would want to look at spending some of the money to save needed programs, Pasternak said.

"That surplus was much larger than anticipated and it should be no surprise to anyone that we would resuscitate the programs that we were told to cancel," he said.

In retrospect, council may have cut too deeply in January, before the final surplus — disclosed publicly late last month — was known, he added. TORSTAR NEWS SERVICE

Tree canopy fund

Pulling charity out of 5¢ bag fee

City staff say major retailers should be persuaded to donate a slice of their $5.4 million in bag fee revenues to Toronto's beetle-ravaged tree stock.

Senior finance and solid waste officials are recommending, in a report released Monday, that the city prepare a "communications strategy" on how to request that grocery chains and other big bag sellers give some bag proceeds to Toronto's tree canopy fund. TORSTAR NEWS SERVICE

OHIP fees cut. Talks with doctors reach standstill

Several hundred fees paid to Ontario doctors are going under the knife as the province's minority Liberals forge ahead with a wage freeze for physicians after labour negotiations fell apart last week.

The regulatory changes affecting Ontario Health Insurance Plan fees and premiums will retroactively take effect April 1, Health Minister Deb Matthews said Monday.

The latest salvo came after the Ontario Medical Association rejected her demand to hammer out an agreement over the weekend with a conciliator after months of negotiations.

But Matthews was at a loss to explain when the Liberals even mentioned a wage freeze in last fall's election campaign. THE CANADIAN PRESS

Quoted

"I was left with no choice. We were very clear with the OMA. We campaigned on a wage freeze, our budget was explicit that we were looking for a real wage freeze with doctors."

Health Minister Deb Matthews

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Peres. Israeli president lauds 'always positive, never indifferent' Canada

Shimon Peres thanked Stephen Harper for his staunch support of Israel, and Canada for its 60 years of friendship Monday as the Israeli president began a full state visit.

"I sense that Canada is always positive, never indifferent, never neutral," Peres said during his official welcome by the Governor General at Rideau Hall.

The Nobel laureate has been a fixture in Israeli politics since 1959, serving in 12 cabinets and twice as prime minister. He is currently the country's head of state — a largely ceremonial role — but remains an influential figure and a perceived leavening voice to hawkish Prime Minister Benjamin Netanyahu.

The president's five-day trip to Canada began as Netanyahu called an early national election amid talk of an "existential threat" to Israel from Iran's nuclear program.

Peres has expressed reservations about a pre-emptive strike against Iran, and his language upon arriving in Canada was that of the diplomat who won the Peace Prize in 1995 for his work with Yasser Arafat and Yitzhak Rabin on the Oslo Accords.

Israeli President Shimon Peres with Prime Minister Stephen Harper. ADRIAN WYLD/THE CANADIAN PRESS

"Canada offers a new beginning, building bridges and closing gaps," Peres, who turns 89 in August, said at Rideau Hall.

"Israel, which is a start-up nation, breathes your air with real thirst."

Escorted up the Rideau Hall drive in brilliant spring sunshine by four mounted RCMP officers, Peres later planted an Eastern White Pine — known by the Iroquois as the Tree of Peace — on the grounds.

The Israeli president was greeted by the prime minister in the rotunda of Parliament's Hall of Honour.

THE CANADIAN PRESS

Hearing. Corporal's mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the military and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered.

The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces. THE CANADIAN PRESS

New campaign

Conservationists take on budget

Canadian conservation groups have launched an anti-budget campaign condemning federal changes that they say will weaken the country's environmental safeguards.

The David Suzuki Foundation, Greenpeace and Equiterre, among others, are involved.

THE CANADIAN PRESS

NDP view

Break up the omnibus budget bill: NDP

The New Democrats want the government's omnibus budget bill broken up to allow more detailed scrutiny. They say the bill is supposed to be budget legislation, but it deals with changes to environmental assessment.

THE CANADIAN PRESS

Deborah Murphy, mother of Michael Rafferty, walks from court on Monday during a break at her son's murder trial. DAVE CHIDLEY/ THE CANADIAN PRESS

McClintic a liar, argues defence

Michael Rafferty trial. Accused's mother claims outside court that her son is not guilty of killing Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic to testify otherwise is "absurd", he said.

The defence presented closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury.

The rest, he scoffed, is a fiction invented by a troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine added.

Michael Rafferty's mother, who was at the London, Ont. courthouse, said her son is not guilty of killing Victoria.

The Crown makes its closing address Tuesday.

THE CANADIAN PRESS

Mental Health Week

Monday kicked off Mental Health Week in Canada.

- One in five Canadians will experience a mental illness over the course of their lives.
- Each year the Canadian Mental Health Association helps 100,000 Canadians.

First strategy for mental health

Planners at the Mental Health Commission of Canada are looking at the fight against cancer as an inspiration for their new campaign.

Their first-ever national mental-health strategy issued on Monday envisions a complete rethinking of how society looks at mental health — much like the revolution around cancer three or four decades ago.

Nowadays, there is little stigma in discussing cancer of the most intimate body parts.

Finding funding for treatment is common cause for philanthropists and recreational joggers alike.

The cancer-research community is vibrant.

Advocates for better mental health can only dream of such national consensus and attention. But with a national strategy, there is a clear path to move those dreams closer to reality.

"The mental-health system should be there for everyone who needs it and now is the time to make this happen," the commission's lengthy report said.

THE CANADIAN PRESS

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Opposition boycotts Syrian parliamentary election

Political strife.
Differing views on polls between regime and opposition a sign of tension that has killed more than 9,000 people in the last year

Syrians voted in parliamentary elections Monday that the government praised as a milestone in promised political reforms, but the opposition boycotted the polls and said they were designed to strengthen President Bashar Assad's grip on power.

The election for the 250-member parliament is unlikely to change the trajectory of the revolt in Syria, which has become a grim cycle of crackdown and reprisal. Parliament is considered a rubber stamp in a country where the president holds the real power.

U.S. State Department spokesman Mark Toner said that for the government to go ahead with balloting in the current atmosphere in Syria "borders on ludicrous."

"It is not really possible to hold credible elections in a climate where basic human rights are being denied to the citizens and the government is continuing to carry out daily assaults on its own citizens," he said.

Asked whether UN Secretary-General Ban Ki-moon had any comment on the vote, his spokesman Martin Nesirky said: "Only a comprehensive and inclusive political dialogue can lead to a genuine democratic future in Syria. These elections are not taking place within that framework. Moreover, a democratic process cannot be successful while violence is still ongoing."

THE ASSOCIATED PRESS

Violence continues

- World powers have been unable to stop the bloodshed, and the Assad regime has largely ignored demands by special envoy Kofi Annan to withdraw its military. A truce that was scheduled to begin April 12 has never really taken hold.
- There were scattered reports of violence Monday, including witness accounts that security forces launched deadly attacks on villages in central Syria where opposition supporters were refusing to vote.

In this photo taken during a government-organized tour, Syrian campaign workers wait outside a polling station during the parliamentary elections, in Damascus, Syria on Monday. MUZAFFAR SALMAN/THE ASSOCIATED PRESS

Twitter plays big role in U.S. presidential race

Barack Obama and Republican presidential candidate Mitt Romney sound a lot alike when they are being described by the other guy or his campaign.
CAROLYN KASTER/THE ASSOCIATED PRESS

U.S. President Barack Obama is on Twitter. So is his presumed Republican challenger in the November election, Mitt Romney. And so are all the voters following the contest, whether they know it or not.

Candidates, strategists, journalists and political junkies have all flocked to the social networking hub, where information from the mundane to the momentous is shared through 140-character microbursts known as tweets.

While relatively few voters are on Twitter — a study by the Pew Research Center found that about 13 per cent of U.S. adults have joined the site — it's become an essential tool for campaigns to test-drive themes and make news with a group of politically wired "influencers" who share those messages with the broader world.

When a voter is exposed to any information on the presidential race, chances are it's been through the Twitter filter first.

Four years ago, Twitter was still in relative infancy, and just 1.8 million tweets were sent on Election Day 2008. Now, Twitter gets that many approximately every eight minutes.

Strong force

"The subset of people on Twitter may be relatively small, but it's a politically engaged audience whose influence extends both online and off."

Heather LaMarre, a University of Minnesota communications professor who studies social media.

Radio, TV and the Internet all prompted campaigns to adapt in the past, but radio and television are top-down mediums at heart — from the broadcaster to the public. Never before has a grassroots technology like Twitter given voice and power to millions — and given candidates a real-time way to monitor the effects of their messages and change them on the fly.

Obama's 2012 State of the Union address drew 800,000 tweets, THE ASSOCIATED PRESS

Beijing

Blind Chinese activist hopeful to study in U.S.

A Chinese activist who triggered a diplomatic dispute between China and the United States said Monday he is confident that Beijing will hold up its end of a tentative deal to let him study overseas.

Chen Guangcheng is a blind, self-taught legal activist who made a daring escape from brutal house arrest in his rural town into U.S. diplomatic custody in Beijing more than a week ago, setting off a diplomatic standoff. Under still-evolving arrangements announced Friday by Washington and Beijing, Chen may be able to leave to study in the United States. THE ASSOCIATED PRESS

Chen Guangcheng

Yacht incident

Body found off coast of Mexico unidentified

U.S. authorities are trying to determine whether a body found off Baja California is the skipper of a yacht destroyed during a race from California to Mexico last month.

The San Diego County medical examiner's office says a fishing boat crew found the body Sunday near the rugged Coronado Islands in Mexican waters.

Authorities say his identity and the cause of death await further examination.

Three crew members died and the captain, 49-year-old Theo Mavromatis, went missing when the yacht Aegean broke up. THE ASSOCIATED PRESS

Yemen

Al-Qaida attack kills 22 soldiers

Al-Qaida militants staged a surprise attack Monday, killing 22 soldiers hours after a U.S. drone strike killed a senior figure in the terror network wanted in connection with the 2000 bombing of the USS Cole in Yemen. THE ASSOCIATED PRESS

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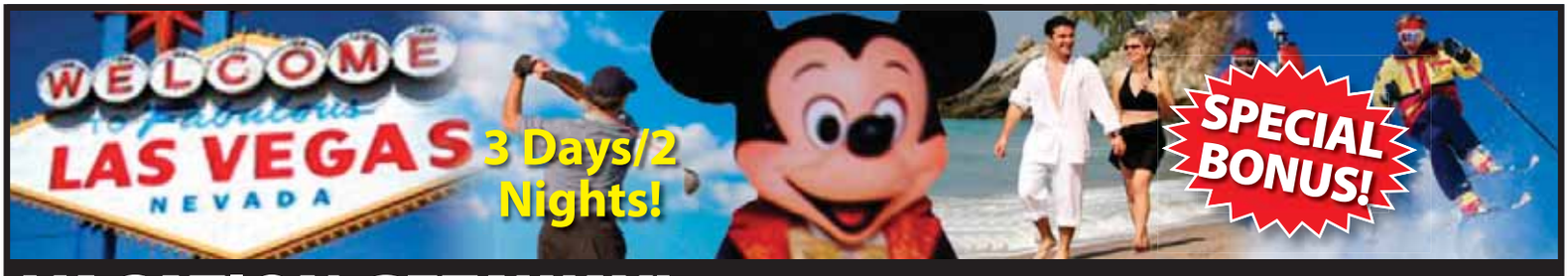

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Police detain a protester in St. Petersburg during a rally against Vladimir Putin's inauguration.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin returns to presidency under cloud of protests

Kremlin. At least 120 detained by riot police outside the Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including opposition leader Boris Nemtsov, who was grabbed while sitting at an outdoor cafe. THE ASSOCIATED PRESS

Quoted

"I consider serving the fatherland and our people ... the meaning of my whole life"
Russian President Vladimir Putin

Afghanistan

No evidence of foul play in Skype death

U.S. Army investigators said Monday they found no bullet wound nor evidence of foul play in the death of a soldier in Afghanistan who died during a Skype video chat with his wife.

Capt. Bruce Kevin Clark collapsed while speaking to his wife on May 1 from his base in Tarin Kot, Afghanistan. His wife, Susan Orellana-Clark, has suggested that Clark was shot, citing a hole visible in the closet behind him that she believed was a bullet hole.
THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into small pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction with Beijing. Chinese officials ordered an investigation into the production of drugs made from dead fetuses or newborns last year.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters, and some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters.
THE ASSOCIATED PRESS

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CIA stops al-Qaida underwear suicide bomber in Yemen

Plan was to blow up U.S.-bound jetliner.
New, more refined technology used in this second attempt to hide explosive in pants

The CIA thwarted a plot by al-Qaida's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a new design around the one-year anniversary of the killing of Osama bin Laden, the Associated Press has learned.

The plot involved an upgrade of the underwear bomb that failed to detonate aboard a jetliner over Detroit on Dec. 25, 2009. This bomb also was designed to be used in a passenger's underwear, but this time al-Qaida developed a more refined detonation system, U.S. officials said.

The FBI is examining the latest bomb to see whether it could have passed through airport security and brought down a plane, officials said. They said the device did not contain metal, meaning it might have passed through an airport metal detector. But it was not clear whether body scanners used in many airports would have detected it.

There were no immediate plans to change security procedures at U.S. airports.

The Yemen-based would-be suicide bomber had not yet picked a target or bought a ticket when the CIA stepped in and seized the bomb, officials said. It was not immediately clear what happened to the alleged bomber.

The operation unfolded even as the White House and Department of Homeland Security assured the American public that they knew of no al-Qaida plots against the U.S. around the anniversary of bin Laden's death. The operation was carried out over the past few weeks, officials said.

It was not clear who built the bomb, but, because of its similarity to the Detroit bomb, officials suspected it was the work of Ibrahim Hassan al-Asiri. Al-Asiri made the first underwear bomb.

THE ASSOCIATED PRESS

About the bomb

The CIA won't say much about the plan, except:

- **It's not a new idea.** This is the second attempt by al-Qaida to hide a bomb in underwear.
- **The device contained no metal parts.** This may have allowed it to get by most security systems.

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Varadero	Travel May 30 - Jun 6/ts	$135 + taxes & fees $290
Amsterdam	Travel May 13 - May 19/ts	$149 + taxes & fees $497
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France welcomes new boss

Francois Hollande greets supporters as he leaves his campaign headquarters in Paris Monday, a day after unseating Nicolas Sarkozy in France's presidential election. He's promised to withdraw French troops from Afghanistan next year. AP PHOTO/REMY DE LA MAUVINIERE

U.S. election

Sarkozy loss looks bad for Obama

French President Nicolas Sarkozy's defeat could be a bad omen for U.S. President Barack Obama.

Sarkozy on Sunday joined a group of leaders swept aside by Europe's economic crisis. Some 11 have now fallen, including Italy's Silvio Berlusconi and Spain's Jose Louis Rodriguez Zapatero.

While many European countries are in worse shape economically than the U.S., there are some similarities, including voter skepticism that government programs are doing much to spur growth or produce jobs.

Polls show most Americans still think the country remains in recession, even though it technically ended three years ago. They also show Republican Mitt Romney leading Obama on handling economic issues.

That's bad for Obama, with the economy still the No. 1 election issue.

Romney has linked Obama to Europe, saying he "wants to make us a European-style welfare state." THE ASSOCIATED PRESS

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Study. Gassy dinos may have helped warm Earth

A new study suggests that dinosaurs may have helped keep an already overheated world warmer with their flatulence and belching 200-million years ago.

The research published Monday in Current Biology suggests that large dinosaurs made a significant contribution to the greenhouse effect back then.

Study author David Wilkinson of Liverpool John Moores University in England estimated that about 570-million tonnes of methane came from dinosaurs. That is similar to atmospheric levels of methane today produced by livestock, farming and industry.

He said dinosaur gas was just one factor at a time when the world was quite tropical. THE ASSOCIATED PRESS

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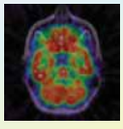

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Tubby tabby dies after suffering breathing problems

Meow. Cat began having respiratory problems last week and died Saturday

A cat that got international attention for tipping the scales at 39 pounds has died from apparent complications of his morbid obesity, a New Mexico animal shelter said Monday.

The orange and white tabby named Meow, who was between two and five years old, was taken to the Santa Fe Animal Shelter and Humane Society last month after his 87-year-old owner could no longer take care of him.

The shelter put Meow on a diet and posted all his weigh-ins on a Facebook page.

It's not clear how Meow gained so much weight, but shelter director Mary Martin said it was likely a simple combination of a high-calorie diet and inactivity.

Adult cats typically weigh between seven and 12 pounds. THE ASSOCIATED PRESS

Santa Fe Animal Shelter veterinarian Dr. Jennifer Steketee holds Meow, a tabby at the shelter in New Mexico, in this April 19 file photo. The feline, who shot to fame because of his girth, has died from complications having to do with his size. BEN SWAN/SANTA FE ANIMAL SHELTER/THE ASSOCIATED PRESS

Court

Suicide-kit seller gets probation

A 92-year-old Southern California woman who acknowledged selling kits intended to help people commit suicide has been sentenced to five years supervised probation for failing to file federal tax returns.

The conviction was part of a plea deal reached after investigators raided Sharlotte Hydorn's home last year in El Cajon. She pleaded guilty to the tax charge, but under an agreement with prosecutors she will not be charged in state court with involvement in six suicides. THE ASSOCIATED PRESS

Obscene display

Testicles land driver in trouble

For the second time in a year, a motorist has been ticketed in South Carolina for displaying a replica of testicles on a vehicle.

A Spartanburg County sheriff's deputy stopped a truck Sunday evening after noticing the "anatomically correct" display on the rear bumper. THE ASSOCIATED PRESS

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Coalition bid fails in Greece

Samaras. Conservative leader who topped polls unable to unite parties in economically troubled nation

Antonis Samaras THE ASSOCIATED PRESS

Greece sank deeper into a political and financial morass on Monday as initial efforts to form a new coalition government failed a day after angry voters punished parties backing the country's international bailout.

The result of Sunday's parliamentary election raised troubling new questions about Greece's ability to stay solvent and in the euro currency bloc. And the political impasse means Greece could face another round of elections next month. Voters furious over years of painful budget cuts and higher taxes hammered the two parties who have dominated politics for the last four decades and who had signed up to the country's billion-dollar bailouts.

New Democracy's Antonis Samaras, who came first with a meagre 18.8 per cent of the vote and 108 seats, failed to build a coalition and handed back the mandate to the president. "We did everything possible," Samaras said in a televised address.

THE ASSOCIATED PRESS

Tourist tragedy

Boat crash trial sees video footage

Video footage played Monday at the opening of a trial stemming from the boat crash that killed two Hungarian tourists near Philadelphia shows the teenage girl killed in the collision toss a deckhand her lifejacket moments before the doomed vessel is driven under by an unmanned barge.

Attorney Robert Mongeluzzi told a packed Philadelphia federal courtroom that 16-year-old Dora Schwendtner's final moments were spent selflessly trying to aid deckhand Kyle Burkhardt, who dove overboard seconds before the sightseeing duck boat was run over by a barge being guided up the Delaware River by a tug boat.

Attorneys for K-Sea Transportation and Ride the Ducks each blamed the other company — and tug pilot Matthew Devlin, who was sentenced in November to a year in prison for involuntary manslaughter.

THE ASSOCIATED PRESS

Maximum sentence

Officer gets 75 years for sex attack

A former police officer who grabbed a schoolteacher off the street in New York and sexually attacked her was sentenced Monday to at least three quarters of a century in prison after being convicted of high-level sex charges, though a jury couldn't decide whether he was guilty of rape.

After staying silent during his trial, Michael Pena apologized to the victim and said he deserved to be punished, though his lawyer later said Pena was shocked at getting 75 years to life, the maximum possible sentence for his conviction.

Capping a trial that portrayed a hideous, sudden assault by an off-duty officer, the judge excoriated Pena as an embarrassment to police, while the woman said the attack — on her way to her first day of work at a new job — had destroyed her life.

THE ASSOCIATED PRESS

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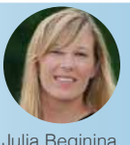
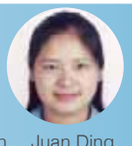

Julia Beginina, *Director*

Heather Speakman, *HIS*

Juan Ding, *HIS*

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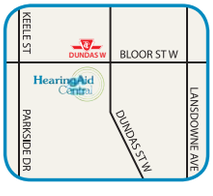

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Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned $4 million in 2011, down from $4.55 million a year earlier, but higher than the $2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to $1.68 million, Dee's was $1.62 million, Smith made $1.37 million and Legge's was up to $1.15 million.

Rovinescu's compensation doesn't include the $5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request.

The Montreal-based airline lost $249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to $11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

The company saw several actual and threatened labour disruptions, including a three-day strike by service and airport workers last year.

Air Canada will ask shareholders at its annual shareholders meeting to approve a non-binding "say on pay" motion on executive compensation.

Shareholders will also vote on a plan to treat class A and class B shares as a single class in the event of a takeover bid.

Securities regulators in Quebec and Ontario have granted it an exemption after some non-Canadian investors expressed concern that the small number of class A shares may limit their ability to acquire shares. THE CANADIAN PRESS

Proxy report

- One of CEO Calin Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines. It will take place June 4.

Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

Pepsi. Heirs of developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 pop formula. The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation. THE ASSOCIATED PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been operating in the region for nearly half a century, it said, and the move will expand its asset-management and investment-banking services to clients in the Middle East and North Africa. THE CANADIAN PRESS

StatsCan

Non-residential permits still going strong

Statistics Canada said Monday that building permits rose an above-consensus 4.7 per cent to $6.8 billion for the month, following a 7.6 per cent gain the previous month. Economists had expected a more modest 1.5 per cent increase. Institutional building intentions rose a stunning 88.4 per cent, mainly for government buildings and medical facilities in Ontario. THE CANADIAN PRESS

Market Minute

DOLLAR 100.7¢ US (+0.25¢)

TSX 11,860.66 (-10.58)

OIL $97.94 US (-55¢)

GOLD $1,639.10 US (-$6.10)

Natural gas: $2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

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805

UNEXPECTED LIFE LESSONS FROM MOM

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.

Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep

PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY

Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.

Metropolitan Panel

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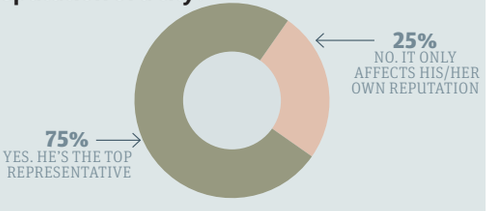
Does a mayor's behaviour affect the reputation of a city?



Twitter

@izzzzy_montana: what if one day, your enemies were your best friends and your best friends were your enemies .. O.o

@YvonneMensah: Giroux got suspended!? Yess! Hahahahahhaha.

@KyleZelowsky: #Giroux suspended and just boned his team in this series I hope they lose now just cause of that stupid hit by Giroux, I love him but wow..

@BinkyBaxter1: This Harper government would make a tin pot dictactorship look progressive. #cdnpoli #orwell

@Taschwellstein: Why "Danger" is an innovator's middle name #business #leadership #innovation

@CheshireCatKid: Wearin that beastie boys tshirt today. Gotta rep the crew. RIP MCA

metro

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ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

DVD reviews

Underworld: Awakening

Directors. Mans Marlind, Bjorn Stein

Stars. Kate Beckinsale, Michael Ealy

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckle-headed humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. The major task in this episode (directed by Sweden's Mans Marlind and Bjorn Stein) seems to have been to get out of the way of flying body parts as Selene sprays jumbo-sized Lycans with silver bullets, all the better to make their heads explode. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.

PETER HOWELL

A new documentary examines the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (Last King of Scotland) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making The Last King of Scotland, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it."

2

SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.

THE ASSOCIATED PRESS

On the web

Oops! Stradivarius cello worth $20M broken in accident in Spain

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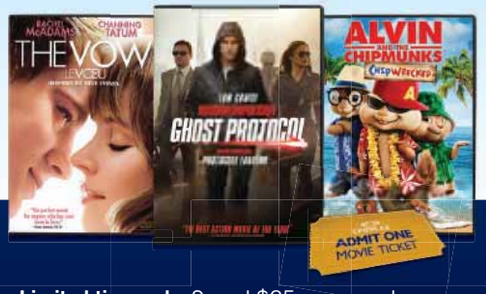

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Toni Morrison, on coming Home

Toni Morrison THE ASSOCIATED PRESS

New novel. Morrison's latest tells the story of a traumatized Korean War veteran who returns home to America in the 1950s

Quoted

"I was really trying to take off that scab, or that veil, or whatever it is, off the '50s. We're told that it was good times — post-war, GI Bill, people had jobs and the television was full of happy stories and so on, and that's it."

Author Toni Morrison, on her new book, Home

The Hudson River extends like the sun from the back of Toni Morrison's house, illuminated and infinite, undimmed by an unseasonably drab spring afternoon.

"It's interesting and soothing, and it changes constantly," she says from the comfort of a white armchair in her living room. "And at night, with the stars and the moon ..."

It's Saturday and the 81-year-old Morrison is in a relaxed, informal mood, wearing a grey blouse and slacks and dark slippers, a purple bandanna tied over her grey cornrow braids, her laugh easy and husky with a pinch of "Can-you-believe-this?"

You might mistake her for an ordinary neighbour ready for gardening until you see the pictures of her with James Baldwin, Gabriel Garcia Marquez and Elie Wiesel among others, or learn that the low wooden table by her chair was a prop from the film version of Beloved, her Pulitzer Prize-winning novel. Morrison does not need to worry about recognition in her lifetime. Nobel judges have honoured her, and so has Oprah Winfrey, whose book club picks have helped Morrison's novels sell millions. Two presidential contenders, Barack Obama and Hillary Clinton, sought her support in 2008 and Obama will soon present her with a Presidential Medal of Freedom, the country's highest civilian honour. Her play Desdemona, a collaboration with director Peter Sellars and the Malian singer-songwriter Rokia Traore, will be staged in London during the Summer Olympics.

The legend gets the glory; the real person works. Morrison has a new novel out, Home, a brief, poetic story of Frank Money, a traumatized Korean War veteran who returns to the States in the 1950s. Morrison has long used fiction as a private and alternative history, whether the Civil War (Beloved), the 1920s (Jazz) or colonial times (A Mercy). With Home, she wanted to add some truth — about war, about racism — to the standard '50s narrative.

Like Beloved, Song of Solomon and other Morrison novels, the book is a journey and a reckoning. Using bus money given to him by a pastor, Money travels from the Pacific Northwest to Chicago to his dreaded hometown, Lotus, Ga., "the worst place in the world," where nobody "knew anything or wanted to learn anything."

Warned from the start that the North is no less racist than the South, he encounters violence and segregation and the lawlessness of police. Once in Georgia, he is almost relieved. At least the pace is "human," Money observes, there was "time to instruct one another, pray for one another, and chastise children in the pews of a hundred churches."

Morrison, a native of Lorain, Ohio, never lived in Georgia. But for Home, she drew upon stories from her father, a native of Cartersville, Ga., and from her memories of the South when she was an undergraduate at Howard University in Washington, D.C. She was on tour with fellow theatre students in the early '50s and was moved by how blacks took care of her and each other, a bond dramatized in Home and many of her works. She knew what to expect from the whites in the South, but the revelation was how "lovely and generous and capable" the blacks were.

"If we arrived at a town where the faculty had made arrangements to spend the night and either the place we thought was nice, wasn't, or they didn't want the students to stay there, one of them would go into a phone booth. They would check the Yellow Pages for a black church and then call up a minister and say, 'We're from Howard University and we're a little chagrined because we don't have a place to stay.'" Morrison says. "And the pastor would say, 'Call me back in 10 minutes.' And in 10 or 15 minutes, he had rounded up his parishioners to take us in. We would go into these houses. And the women, they just fed us, took care of us, put us on these sweet-smelling sheets and cooked, and wouldn't take any money. We had to slip money under their pillows..."

As she gets older, Morrison says, the world becomes more interesting and more distressing. She is appalled at some of the remarks about Obama and the speculation that he was not an American citizen. But with nature, and its mysteries, she responds to more than ever — the water, mountains, her garden. THE ASSOCIATED PRESS

TODAY ONLY AT PIZZA NOVA®

Author hooks readers on saucy 'lifestyle' porn

50 Shades of Grey. Book is full of hot sex — and even better surroundings

KAREN VON HAHN
scene@metronews.ca

Here's a dirty little secret: no matter how passionately engaged a woman might be, either in an actual intimate moment with her lover, or merely reading about one, she might be distracted by the drapes. Or that stain that would never come out of the carpet, or the bulb that's out in the chandelier.

We girls can't help it — for us, atmosphere is a big part of the romantic equation (which, boys, is a big part of the magic behind hotel sex). This little insight into how much style matters to a female audience has propelled the momentous career of chick-flick auteur Nancy Meyers, whose films (It's Complicated, What Women Want, Something's Gotta Give) are successful precisely because they shower almost as much attention on the decorative detail of the characters' beautifully appointed interiors as they do on the romantic narrative.

The latest phenomenon to test this principle is a book that was first published online only to become a major sensation. E.L. James's dirty little S&M saga 50 Shades of Grey is so hot with its female audience that bookstores are sold out of copies.

And its first-time author, recently named one of the 100 Most Influential People by Time magazine, now has a seven-figure contract with Vintage Books as well as a film deal for the series with Universal Pictures and Focus Films. Clearly, James knows what women want, and after reading the dismal book, I can only conclude it isn't great literature.

What 50 Shades offers its readers is hot sex — lots and lots of it — with descriptions of the drapes, and the wine, and the clothes in between. And the first clue that the book will also titillate the reader with its descriptions of style is the grey silk (read: powerful, fashion-forward) men's tie on the cover. Our hero, Christian Grey, is a wildly successful and powerful billionaire, of course. The global headquarters of Mr. Grey's empire are described as "all curved glass and steel, an architect's utilitarian fantasy, with "GREY HOUSE" written discreetly in steel over the glass front doors."

Inside, in a vast lobby of "glass, steel and white sandstone," our heroine is greeted by an immaculate blond "in the sharpest charcoal suit jacket and white shirt that (she) has ever seen," and seated in front of a floor-to-ceiling view of the Seattle skyline in an area filled with white leather chairs. The first time she lays eyes on Mr. Grey, he is described as "tall, dressed in a fine grey suit, white shirt and black tie with unruly dark copper-coloured hair and intense, bright grey eyes." Yes, there are a lot of grey things in this book.

In the plush comfort of his black Audi SUV (one of a personal fleet of Audis), Mr. Grey blasts the Flower Duet by Delibes from the opera Lakme and Pachelbel's Canon. "My taste is eclectic," notes Grey, "everything from Thomas Tallis to the Kings of Leon."

Playing the full Pygmalion, the cultured Grey introduces our young heroine to oysters, the mysterious pleasures of both piloting a glider and flogging with a leather whip that sounds like it was designed by Ralph Lauren. They drink Pouilly Fume and pink Bollinger Grande Annee Rose 1999. And he presents her with a first edition of Thomas Hardy's Tess of the D'urbervilles, another Audi, and, weirdly, a BlackBerry (apparently this was written before the crash of RIM and the arrival of the iPhone 4) as gifts.

Along with actual porn, E.L. James has served up a mighty helping of what is typically referred to in the magazine biz as "lifestyle porn."

No wonder the heroine even considers being Grey's submissive. She's been swept off her feet by a stylized tsunami of aspiration.

Women just can't get enough of E.L. James' new novel. TORSTAR NEWS SERVICE

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Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "'til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. '"Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.

Debra Messing ALL PHOTOS GETTY IMAGES

Twilight star goes limp on Leno

A round of reshoots on the final Twilight movie has proved painful for Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

"I wasn't trying to have ultimate swag when I walked out. I hurt my foot," she told the talk show host after limping during her entrance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.

Bynes isn't off the hook quite yet

Amanda Bynes

While no further trouble seems to be coming Amanda Bynes' way from her recent hit-and-run incident, the same can't be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for the former Nickelodeon star, according to Radar Online.

"Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI," a source says.

Jessica making caftans cool

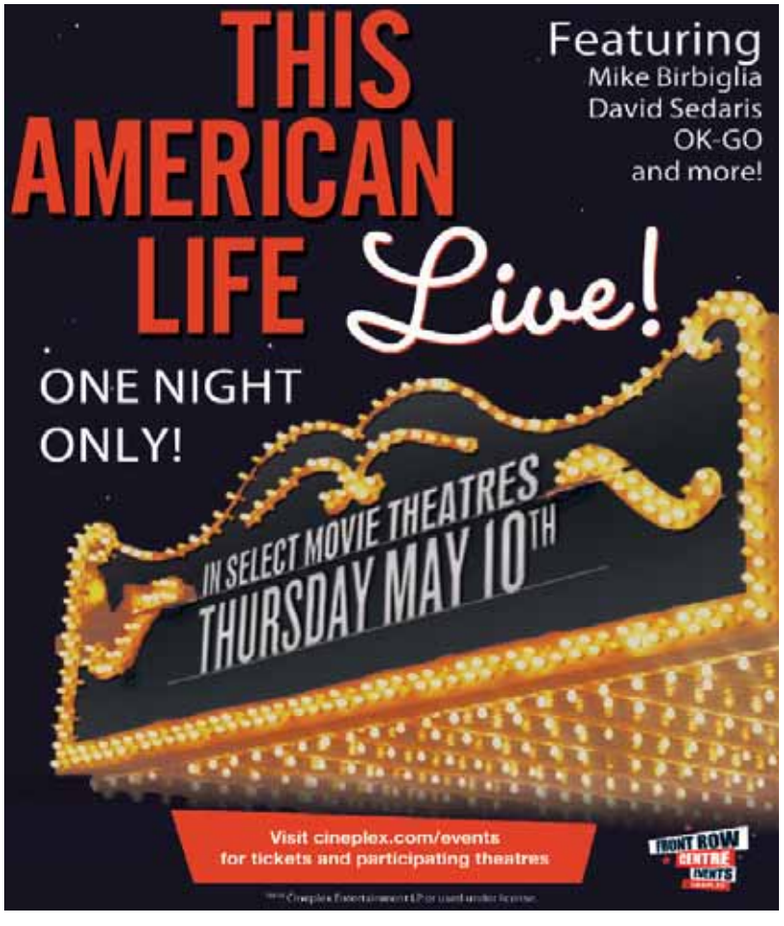
Jessica Simpson

While she was pregnant with daughter Maxwell, Jessica Simpson admitted she'd had a dream about giving birth in a leopard-print caftan.

So, did her dream prove prophetic? Not quite, as it turns out. A source close to Simpson says that the dream spurred her to search for the item in real life, though while "she did find one online, it wasn't quite leopard but it was a gorgeous pattern," according to Hollyscoop.

"Sadly, I don't think they allowed her to give birth in it," the source adds. "She was wearing another pretty caftan today, though."

Simpson may have found a new signature look.



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Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said. "Of course we are all skeptical when we hear this.

THE CANADIAN PRESS

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults." Nimrod Eisenberg, medical clown

3 LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days.

An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

THE CANADIAN PRESS

On the Web

Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years.

Advertising Feature

BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start"

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service is live answer 24/7, confidential, free and anonymous.

"It's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines.

Reaching out for help can be a difficult first step. Besides the telephone, the Mental Health Helpline can be reached via email or webchat. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

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Ontario

Best Health

A ban on tanning beds for teens?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Yesterday marked the first Melanoma Monday, a skin-cancer awareness campaign organized by the Canadian Dermatology Association (CDA) and held on Parliament Hill in Ottawa.

Best Health Magazine is the CDA's media partner for this initiative, so we were there, too. Since Best Health launched four years ago, we have been passionate about the importance of sun safety.

Skin cancer is a real danger, but the sun isn't the only cause: In 2009, a World Health Organization (WHO) report announced that indoor tanning had been moved to its highest cancer risk category: "carcinogenic in humans."

This puts indoor tanning alongside 107 other cancer-causing substances, like tobacco, arsenic, radon and plutonium.

The issue of tanning-bed dangers is outlined in the May issue of Best Health, which is on newsstands now. We invited the President of the CDA, Dr. Denise Wexler, to write a column outlining the reasons why tanning beds can be especially harmful to young people.

"No tan is a safe tan," she says. She cites an analysis study by WHO that found the use of indoor tanning equipment before the age of 35 increases an individual's risk of developing melanoma by 75 per cent.

"While it is impossible to completely avoid sun exposure," Dr. Wexler says, "it is very easy to avoid the use of indoor tanning equipment and by doing so greatly reduce your risk of developing skin cancer, which is a preventable disease."

A private member's bill was introduced in Parliament at the close of the winter session calling for restrictions on access to tanning bed equipment for those under age 18.

The hope is that this bill will become legislation in the next year.

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The price of breast milk

Motherhood. The longer you breastfeed, the less income you earn, researchers say

Believe it or not, breastfeeding can be expensive. ISTOCK PHOTO

CELIA MILNE
life@metronews.ca

Breastfeeding is the best way to feed babies, but it isn't as "free" as everyone thinks.

Researchers in Canada and the U.S. studied the impact of breastfeeding on women's work lives. They found that, in fact, there is a high cost associated with breastfeeding.

"Women who breastfeed their babies for a long duration — six months or longer — have a steeper decline in earnings than do women who breastfeed for less time or don't breastfeed at all," says Dr. Phyllis Rippeyoung from the department of sociology at Acadia University in Wolfville, N.S.

Years of scientific studies show breastfeeding provides the healthiest start for babies — it boosts their immune systems, reduces infections, and prevents obesity. There has been a major push among those in the government and the health community to get more women breastfeeding, says Dr. Rippeyoung. Health Canada recommends breastfeeding exclusively for the first six months of life.

The problem is, according to Dr. Rippeyoung and her colleague Mary Noonan from the University of Iowa, the argument often used to promote breastfeeding is that it's "free."

Many women's jobs are incompatible with breastfeeding for long periods of time, so they quit their jobs.

"Our goal is not to tell women, 'Don't breastfeed because it will cost you money.' Rather, if breastfeeding has value for society, we need to think about why women are the only ones paying the price for it, when everyone else stands to gain."

She hopes that this new study challenges people to think about the expectations that are put on women when they become mothers, and how to support them.

By the numbers

Here are some statistics on breastfeeding, from Statistics Canada:

- **81.5**: Percentage of women who breastfed in 2001.
- **87**: Percentage of women who breastfed in 2005.
- **90.4**: Percentage of women with a postsecondary diploma or degree who breastfed.
- **82**: Percentage of women without postsecondary education who breastfed.

Thoughts on...

Keeping only the positive vibes in your life

When we are surrounded by people who belong to the 'misery loves company' club we'll eventually begin to believe what they believe. They infect us with their negativity.

If you find yourself participating in a pity party at work or elsewhere, politely excuse yourself.

Since you may not want to totally eliminate such people from your life, just arrange things so you only have to deal with them in small doses.

The key is to have minimum exposure to such influences that can begin to seep in without your awareness. Your optimism is a precious resource and one that needs to be protected.

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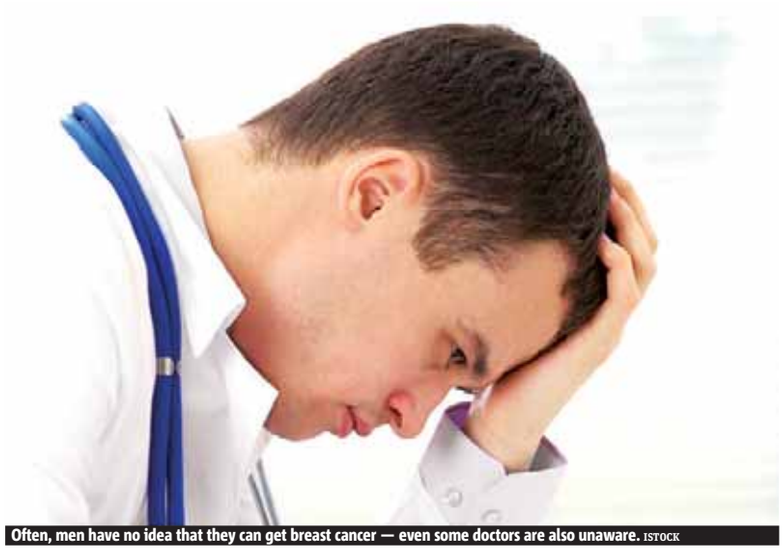

Often, men have no idea that they can get breast cancer — even some doctors are also unaware. ISTOCK

Unlikely diagnosis: Breast cancer in men

Research. Men with breast cancer fare worse than women, as they often don't recognize the warning signs

Men rarely get breast cancer, but those who do often don't survive as long as women, largely because they don't even realize they can get the disease and are slow to recognize the warning signs, researchers say.

On average, women with breast cancer lived two years longer than men in the biggest study yet of the disease in males.

The study found that men's breast tumors were larger at diagnosis, more advanced and more likely to have spread to other parts of the body. Men were also diagnosed later in life: in the study, they were 63 on average, versus 59 for women.

Many men have no idea that they can get breast cancer, and some doctors are in the dark, too, dismissing symptoms that would be an automatic red flag in women, said study leader Dr. Jon Greif, a breast cancer surgeon in Oakland, Calif.

The American Cancer Society estimates one in 1,000 men will get breast cancer, versus one in eight women. By comparison, one in six men will get prostate cancer, the most common cancer in men.

"It's not really been on the radar screen to think about breast cancer in men," said Dr. David Winchester, a breast cancer surgeon in NorthShore University HealthSystem in suburban Chicago who was not involved in the study. Winchester treats only a few men with breast cancer each year, compared with at least 100 women.

The researchers analyzed 10 years of national data on breast cancer cases, from 1998 to 2007. A total of 13,457 male patients diagnosed during those years were included, versus 1.4 million women.

The database contains about 75 per cent of all U.S. breast cancer cases. The men who were studied lived an average of about eight years after being diagnosed, compared with more than 10 years for women.

THE ASSOCIATED PRESS

Heart of the matter: New guidelines for your child's health

American Academy of Pediatrics. Following recommendations can reduce the risk of cardiovascular disease starting in childhood

Taking steps towards your child's health today can pay off later in life. ISTOCK

The American Academy of Pediatrics recently created new guidelines to reduce the risk of cardiovascular disease starting from childhood, including the following recommendations.

Ages 2 and up: Your doctor should measure your child's height, weight and body mass index at every checkup. Have the doctor go over the results with you and, if necessary, explain what diet and activity changes could benefit your child.

Ages 3 and up: Your child's blood pressure should be measured yearly. As with BMI, ask your doctor to discuss the results with you.

Ages 9 to 11: A first cholesterol screening is recommended. Your child may need his or her cholesterol checked sooner if he or she has a parent whose total cholesterol is 240 or over or a close relative who has had a heart attack or stroke before the age of 55 (in males) or 65 (in females).

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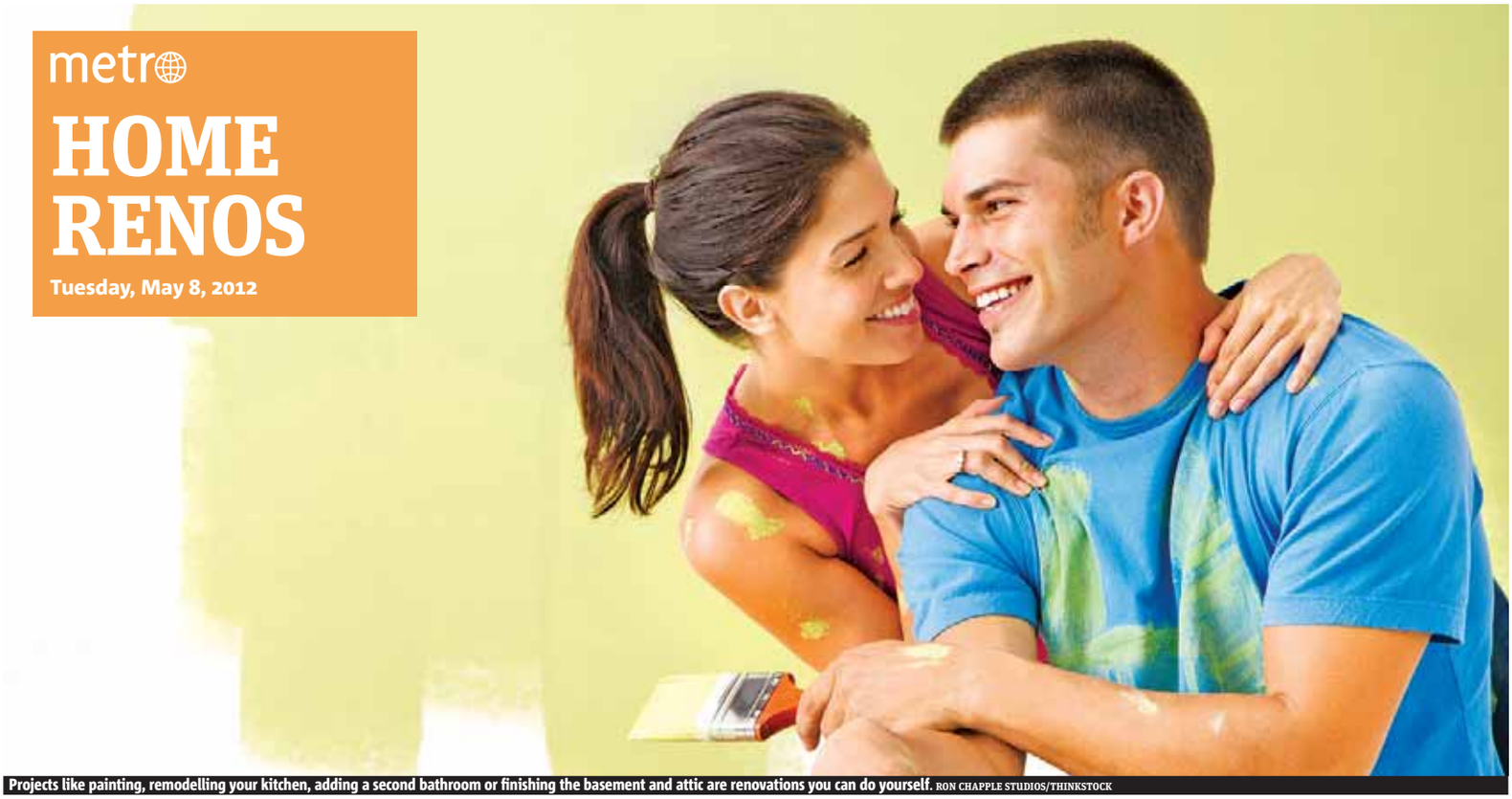

Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPLE STUDIOS/THINKSTOCK

Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

• Cash on hand. If you are looking at a renovation that will cost $10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.

• Credit card. You could put materials, etc., for smaller renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

• Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

• Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.

• Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

• Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.

• Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.

Marketable home renos

These projects may add value to your home:

- Remodel the kitchen
- Add a second bathroom
- Finish the basement or the attic
- Replace old windows or doors
- Create a home office space

Renovations to your bathroom can be eco-friendly. COMSTOCK/THINKSTOCK

Eco-friendly. Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says François Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are 12 eco-friendly choices:

1 Source building products locally to cut down on transportation miles.

2 Look for recycled materials. For example, Winnipeg's Anpex makes flooring and countertops out of crushed porcelain from toilets.

3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight of carpet can be dirt," says Higgins.

4 Look for FSC (Forestry Stewartship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

5 Use low VOC (volatile organic compound) paint and floor finishes.

6 Choose Energy Star rated products such as appliances and windows. The designation identifies energy efficient products. (An old fridge can use 15 per cent of electricity consumed in a house that's heated by gas.)

7 If you are removing drywall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

8 Upgrade the gas furnace. Up to about 50 per cent of available energy is wasted in an old furnace, says Loney. "A high-efficiency natural gas furnace is about 95 per cent efficient."

9 Use a 1.5 gallon/six litre per minute aerated shower head — it's inexpensive (about $20), cuts water consumption in half, and saves energy because it's hot water, says Loney.

10 Install a six-litre high-efficiency flush toilet. (Visit map-testing.com for flushing performance scores.)

11 Switch to compact florescent light bulbs and LED lights, which cost pennies a day to operate and don't throw off heat like the old-style light bulbs.

12 Buy a front load clothes washer — it puts water through clothes rather than clothes through water in the top loader. Plus, clothes come out dryer so you use less of everything.

YLVA VAN BUUREN

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Taking some tips from the pros will help ensure your new fence will be installed correctly. ISTOCKPHOTO/THINKSTOCK

Add function and style with a fence

Project. The basic principles of building a fence are simple

JASON MENARD
For Metro

Whether you are looking to delineate your property or give your home a little added privacy, a fence is the ideal choice to add both style and function to your yard. But while it's a job that can be done by the DIY set, taking some tips — or even some assistance — from the pros can help to ensure the job is done right the first time for a long time.

"It's something that people can do — the basic principles of fence-building are fairly simple — but there are a couple of things that you should do to make it easier," said Brian Kudhaya, owner of AMBK Fence & Deck.

Before doing any work, Kudhaya said you must contact Ontario One Call, (on1call.ca) to ensure that your various underground connections are clearly mapped out — which includes hydro, cable, telephone, and gas. "It's the most costly mistake you can make," he explained. "It's a free service, but if you damage one of these lines you're responsible for paying to fix it."

He added that having your property survey on hand is another must to ensure you are building on your own land. Kudhaya also recommends calling in the pros to do the heavy lifting — or drilling, as the case may be. "Hire someone to dig the post holes and put in the posts — that's the hardest part of the job."

Fence posts must be sunk below the frost line to a minimum of three to four feet.

From there, the style, height, and materials used in your fence are up to your personal preference. The most common material used is pressure-treated wood, which offers added privacy. But there are other styles available, including chain link, vinyl, and even stucco or brick.

Another key tool the average homeowner must have when building a fence is patience — especially when it comes to ensuring the fence posts are properly set. "Some people will want to make sure that their posts are firmly in place, but they won't wait the 12 to 24 hours the concrete needs to set," he said. "So they'll walk by and shake the post — and all that does is mean that you have to redo the concrete. That just adds to the cost."

And, of course, if you do choose to go the professional route, either for setting the posts or doing the full job, make sure you get a reputable builder.

"Ask for references and I would suggest shying away from under-the-table people," he said. "If something goes wrong with your fence, a reputable builder will come back and fix it. The under-the-table people will disappear."

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Renovating your home is a big expense. It takes time, too. So the simpler you can make your browsing, comparison shopping and purchasing of home improvement products, the better.

Here's the good news: In 2013, you will be able to do it all under one roof.

Right now, in the city of Vaughan, just north of Toronto, the new Improve Canada home improvement centre is taking shape. When completed, it will be a 310,000-square-foot building, permanently housing up to 400 vendors serving every conceivable home construction, design and renovation need. Improve won't just be a mall — it will be a destination point; with meeting facilities and presentation areas bringing buyers and sellers together; plus cafés and restaurants where customers can relax and recharge throughout the day.

"If you're looking to renovate your home, it can take months to get a good idea of what's out there," says Oleg Chekhter, co-owner of Improve, Inc. "And you often still wonder if you've missed out on the best product, or the best deal. When you visit Improve Canada, you'll be able to see everything, all in one place, all in one day."

It took Chekhter almost four years to find a site suitable for Improve. He needed space — lots of it; not just for the building itself, but for the large amount of parking it would need. And it had to be a piece of land that was easy for customers to get to, no matter how they were travelling. He found it. The Improve site is located at 7250 Keele St. in Vaughan, just minutes from Highway 400 and Highway 407.

Bathrooms, carpentry, decks and gazebos; fencing, flooring, hot tubs and pools; landscaping, painting, security and home entertainment — these are just some of the 36 product categories you will find at Improve. Think of it like the best home show you ever visited. But unlike a home show, Improve is here to stay.

To learn more about Improve, and to keep updated on its planned mid-2013 opening, visit the company's website, improvecanada.com. And if you are a vendor interested in buying space of your own, phone 416-417-7507 today.

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Dig these landscaping tips for first-timers

KELLY PUTTER
For Metro

As a first-time homeowner you are deluged with so many plans for your new address that settling on a flower bed here versus a pair of shrubs there can be overwhelming.

Spend your landscape dollars wisely and do plenty of research before heading out to the garden centre, advises Denis Flanagan, public relations director for the Landscape Ontario Horticultural Trades Association. By following these two rules you are less likely to blow your budget or end up with tropical plants that don't have a hope of surviving the arctic climate in which you live.

"Do your homework and try to get a bit of a road map to guide you is the secret," he says. "We're a bit like kids in a candy store, especially at this time of year. Doing your research ahead of time will help you avoid buying on impulse."

If you have earmarked some money for your outdoors, Flanagan highly recommends investing in a landscape designer or consultant.

A good designer will assess your needs and lay out a gardening plan that can be done gradually over a number of years, depending on your budget.

But if hiring an expert is out of reach, there are plenty of alternatives. Once you get to know your new neighbours and their gardens, ask if they are interested in trading seeds and cuttings from plants that need to be divided. Do the same with friends, relatives and co-workers.

Flanagan recommends joining your local horticultural society. Often, these groups offer free or low-cost seminars and talks on a wide range of landscape and gardening concerns. In addition, this is where you will learn about community plant swaps and sales that don't break the bank.

Some municipalities offer soil, mulch, compost and even trees for free. For stones, bricks and other gardening materials, check out demolition sites, but get permission first.

Flanagan warns that you need to be careful about what you plant in your yard. Just because something is free doesn't mean you will want it, no matter how beautiful. Certain plants are invasive and will choke out others so be mindful. Again, do your research.

When in doubt, ask an expert at landscapeontario.com, where questions are fielded by master gardeners.

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If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

DIY. It's all about cost, comfort and knowledge

JON TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like A Repair to Remember and Lowes Family Fun Projects at Lowes.ca, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assumptions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good, cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

Great Scot! McGugan's may turn you into a haggis lover

The Grand Scottish Platter ($15.95). STEPHANIE DICKISON

LUNCH RUSH
Stephanie Dickison
life@metronews.ca

Haggis is an acquired taste — similar to brussels sprouts, liver and ciltantro. I've certainly never been enamoured by it.

But the Grand Scottish Platter ($15.95) changed that with its two small meatball-sized Haggis Balls. Rich meat and oats doesn't overpower at this size and the deep-fried exterior gives it a fun, amusement-park snack feel.

Served with two Scotch Eggs and two thickly battered Buttermilk Chicken Wings and a pile o' fries, it makes for a filling, comforting, pub-style tribute to Scottish fare.

The platter is also supposed to come with two Sausage Rolls, but they're missing from our order.

Since there's no indication that it comes with fries, I go ahead and order some.

Fries ($5.95) are crisp and sweet, and whether you choose the beefy gravy or the thick curry, it makes for a hearty, indulgent side.

Now I can say I like haggis — at least done McGugan's-style.

Visiting the restaurant

McGugan's Pub

Address. 1058 Gerrard St. E. (at Jones)

Phone. 416-901-9859

Rating. 4/5

Reservations. Yes

Licensed. Yes

Business lunch. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

In. 1:17 p.m.

Out. 2:28 p.m.

Firecracker almonds.
Hot-and-spicy snack is full of flavour & nutrition

1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

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Pay down your mortgage.

Keep that credit intact while co-signing a loan for your children

The parent trap. 'Dad, can you just sign here?' Know the consequences before you become responsible for your children's debts

YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings. And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.

2. The loan will likely will appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time. Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

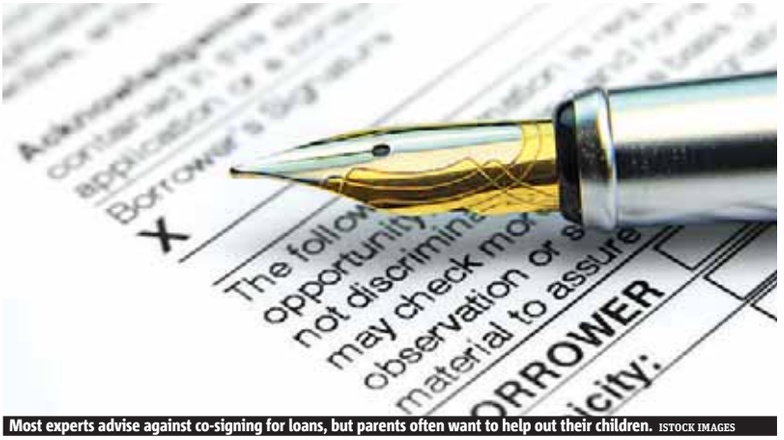
7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids. Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."



Most experts advise against co-signing for loans, but parents often want to help out their children. ISTOCK IMAGES

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Your mortgage

Are you financially ready to be a home owner? ISTOCK IMAGES

Try to avoid hefty break fees

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping $5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up.

Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit.

Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage. You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage pre-payment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save $600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee.

Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty) are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

Breaking it down

"When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house. From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage."

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ISTOCKPHOTO/THINKSTOCK

COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to learn on an actual site in Alberta. Other classes take students to the Northwest Territories to learn about design in traditional environments.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

Courses range between $5,000 and $8,000, all inclusive, and there are many bursaries and grants available via student services.

– Jon Tattrie

MEETING NEEDS OF FRANCOPHONES

Ontario is home to the largest francophone community in Canada outside of Quebec. In fact, francophones make up nearly five per cent of Ontario's population, with the majority living in eastern and northeastern Ontario; places like Ottawa, Sudbury, Cornwall, North Bay, Timmins and Welland.

The Franco-Ontarian community, as it is referred to, is a diverse one, made up of people from Europe, Asia, Africa and the Middle East, and is the largest minority language group in Ontario.

In order to meet the needs of this population who generally preserve their original identity as their primary cultural affiliation, the Ontario government funds French-language education.

Not to be confused with French immersion (bilingual education at an anglophone school), French-language education is actually part of the French public system where the curriculum is taught exclusively in French.

Students learn from the same Ontario curriculum as those in English-language schools. The main difference is that the curriculum is taught in French, and in a French cultural setting. But students also take English classes throughout the school day in order to equip them to be bilingual members of Canadian society.

Today, Ontario has 12 French-language school boards — eight are Roman Catholic, four are public — with more than 425 French language schools ranging from daycare to high school.

And students can go on to study at one of two francophone community colleges — Ottawa's La Cité Collégiale and Sudbury's Collège Boréal — or four universities that offer instruction in French as well as English: Kingston's Royal Military College; Sudbury's Laurentian University; Ottawa's Dominican University College; and the University of Ottawa.

But French-language education, from early childhood through adulthood, is about far more than just language; it's about learning the cultural aspect of the language as well, and empowering students from a minority community through cultural identity.

According to a 2006 census, outside of Quebec, Ontario receives the most francophone immigrants. As such, a big part of the French-language education curriculum has been developed to support French-speaking newcomers to Canada so they can adapt as easily as possible to Canadian society.

For more information, visit edu.gov.on.ca/eng/amenagement.

– Heather Buchan

DID YOU KNOW?

French presence in Ontario dates back nearly four centuries to when the Jesuit mission of Sainte-Marie Among the Hurons was established in 1639 as the first European community in Ontario during the province's first explorations by the French.

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MANAGE THROUGH DIVERSE SITUATIONS

WITH CENTENNIAL COLLEGE'S INCLUSIVE LEADERSHIP COURSE

NICK WHITE/PHOTODISC/THINKSTOCK

As today's global workforce becomes increasingly diverse and complex, business leaders must possess a relatively new skill set — that of inclusiveness.

In response to this growing demand, Toronto's Centennial College recently launched a post-graduate certificate program called Inclusive Leadership. The first students will begin this fall.

Aimed at people currently employed in management or supervisory roles who want to upgrade their leadership skills, the program provides students with the necessary skills to employ ethical, equitable and inclusive communications practices needed to effectively navigate, communicate, interrelate and function in a diverse setting.

Comprised of nine online courses, including conflict management and resolution, personal identity and the workplace, and intercultural and organizational communication, the Inclusive Leadership program arms students with the knowledge and skills to effectively manage and supervise diverse personnel.

Carol Roffey, dean of Centennial's School of Advancement, explains how the new Inclusive Leadership program came to be.

"In 2007, Centennial College adopted the concept of 'Global Citizenship and Equity' as a signature learning experience for all students. Since that time, the college has developed a Global Citizenship and Equity general education course, learning outcomes in all programs, service learning and training for all staff. A post-graduate course in Inclusive Leadership was developed as a next step in our offerings as a learning centred college with Global Citizenship and Equity as a guiding value."

Over the course of five semesters, students will cultivate better self-awareness, adaptability, flexibility and cultural sensitivity as well as an understanding of the principles and practices of inclusion.

"Students also complete a practicum in which they incorporate global citizenship, equity, inclusion and leadership theoretical framework in their own work setting," explains Roffey.

The goal is to arm students with the necessary tools to manage the friction that can result from today's diverse perspectives and encourage constructive disagreement and debate amongst their employees.

Research shows that, when properly supported, diverse organizations have a competitive advantage because they are more creative and innovative than homogenous ones.

To be eligible for this program applicants must hold a college diploma or university degree. *– Heather Buchan*

INFO SESSION

To learn more about Centennial's Inclusive Leadership Certificate program, stop by the public information session being held May 15 at 6 p.m. in the Board of Governors' Boardroom located in L. Building of Centennial's Progress campus.

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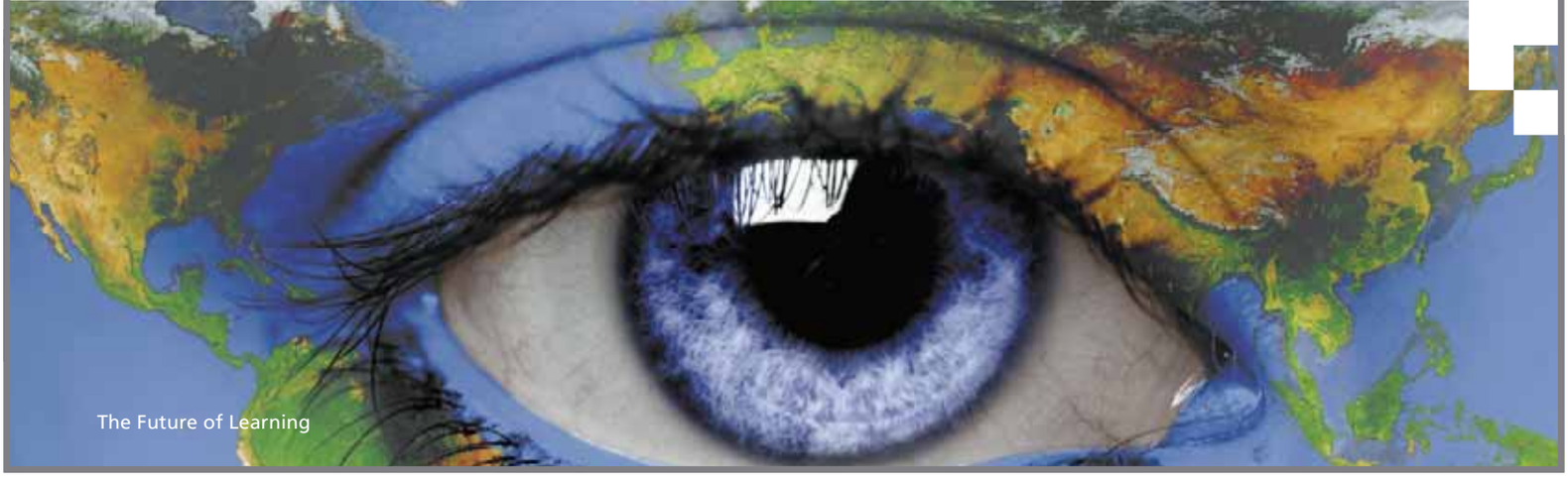

To gift or not to gift, that is the question

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get them a gift.
Signed,
To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

1) Don't ever spend more than you can afford.

2) Don't be extravagant — it may only make the recipient uncomfortable.

3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

All's unfair in love and war

Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously?
BFF.

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset, and you have good reason to expect him to be less uptight after so many years.

I won't tell you it's a choice between your friend and the girl, because I think you might be able to have both ... eventually. But give your friend time, reach out to him regularly, and don't be shocked if you hear he made a voodoo doll in your image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts.

Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship over or not. In my humble (and correct) opinion, it usually isn't. It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that family ('brother from another mother' included) comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.

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WORKPLACE LAW
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More work, same wage?

What happens when an employee is told to perform more work for the same pay? Do employers have the right to expect the same level of performance or do employees have the right to refuse the additional work or demand more compensation?

According to a recent Ontario case, courts will be sympathetic to employees performing two jobs for the price of one.

Kelly Hunt was hired as an assistant at Peterborough, Ontario trucking company Buckham Transport Ltd.

However, she was later asked to take on role of receivables clerk. Hunt thought that this amounted to the work of two jobs, but nonetheless, she said that she would do whatever needed to be done. Hunt was not given any increase in pay.

Hunt already had a rocky relationship with her supervisor, who felt that she often procrastinated and took too long to finish her work.

Matters deteriorated when Hunt took on the additional accounting duties and complaints about her work landed on the desk of the company's office manager, Leanor Buckham.

Hunt was called to a meeting with Ms. Buckham, who accused Hunt of fumbling some of her work. Hunt was then asked to take on even more work, which she agreed to only if given a raise, but not otherwise. This was the last straw for Ms. Buckham, who fired Hunt on the spot. Hunt fired back with a lawsuit.

At a recent trial, the court found for Hunt. It determined that it was Hunt's additional duties that caused her to get behind in her work and not any wilful neglect on her part.

Critical of how the company handled the matter from the outset, the judge then concluded that Buckham was to blame for permitting a "failed management system."

If there were complaints about Hunt's work, Buckham had to properly warn her, the court ruled. Hunt was awarded damages and her legal costs.

The human resource lessons are clear – without appropriate warnings, seldom will courts find that employees knew or should have known that they were underperforming.

Furthermore, employees should beware of assuming additional responsibilities without first seeking an agreement on pay. Once the new work begins, it will often be too late to negotiate.

DANIEL A. LUBLIN IS A WORKPLACE LAWYER WITH WHITTEN & LUBLIN.

On tap today: get ergonomic

Will your office space suffice in the long run? FLICKR / ZOOVROO

Posture and pennies.

How being comfortable at your desk is linked to being comfortable in a fragile economy

BRUCE WALSH
Metro World News in Philadelphia

As an ergonomist, Joshua Estrin studies the physical danger of repetitious office movements and attempts to limit that liability wherever possible.

But he can't help but notice greater implications of office space design — or lack of design.

"Comfort is no longer a luxury in the office, it's a necessity, because it's not good enough to just do your job anymore. The pressure on people in this economy is enormous.

"To expect them to do that when they're not in an environment that's physically comfortable is just illogical," says Estrin, who holds an M.S. in behaviour and systems theory from Columbia University and currently works for a Florida consulting firm.

"Making positive changes to a worker's environment goes a long way, especially in an economy where people may not be getting the raises they anticipated."

And an ergonomic workspace doesn't necessarily have to be an expensive one.

"I think we're finally getting to a place where companies understand that it doesn't have to cost thousands of dollars to be ergonomic," says Kevin Costello of US Ergonomics, a major consulting firm.

"We've worked with companies with absolutely no budget for equipment," he notes.

"There are so many simple little adjustments to make: Some old books or stacks of paper can raise monitors to the proper height. It's about improving geometry, not raising costs."

Check your desk

- According to a recent study by US Ergonomics, more than half of office workers have never adjusted the height of their desk chair. The height and position of a desk chair in relation to corresponding computer monitors is the highest contributor to "cumulative trauma disorders," or serious injuries incurred by repetitious movements.
- A monitor should always be placed within the "vision cone" of the worker (roughly, no higher or lower than a 30-degree angle extending from their eyes).

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4

SPORTS

MLB

"I was trying to hit him. I'm not going to deny it."

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies' 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

"I think unfortunately the league's protecting certain players and making it not that old-school, prestigious way of baseball.... It's just, 'Welcome to the big leagues.'"

Cole Hamels on Sunday.

On the web

New York Knicks player Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

Giroux will sit out Game 5

Flyers centre Claude Giroux speaks to referee Kevin Pollock in the closing minutes of Sunday's loss in New Jersey. BRUCE BENNETT/GETTY IMAGES

NHL. Flyers star given one-game suspension for head hit on Zubrus

The Philadelphia Flyers will face playoff elimination without forward Claude Giroux.

The NHL slapped the all-star with a one-game suspension for delivering a shoulder blow to the head of New Jersey forward Dainius Zubrus in the Devils' 4-2 win Sunday night.

Giroux hit Zubrus at 19:56 of the second period and was assessed a minor penalty for an illegal check to the head. Zubrus, who scored the eventual game winner, was shaken up but returned to score an empty-net goal to seal it late.

Brendan Shanahan, the NHL's senior vice-president, player safety and hockey operations, said Giroux delivered a "late, reckless hit to the head" of Zubrus on the play.

Giroux took part in a disciplinary hearing with the NHL on Monday. He said he respects the decision and wants to move on.

It marked the first time in Giroux's four-year NHL career that he had received supplemental discipline.

The Devils lead the series 3-1 with the fifth game in Philadelphia on Tuesday.

THE ASSOCIATED PRESS

Quoted

"We need to relax a little bit. Everybody's just panicking a little bit."

Claude Giroux on the Flyers' poor play of late.

Rangers wait until waning moments to crush Capitals

New York Rangers centre Brad Richards, left, celebrates tying up Game 5 against the Washington Capitals in the dying seconds of the third period on Monday night at Madison Square Garden. Marc Staal then scored a power-play goal 1:35 into overtime as the Rangers pulled off a stunning 3-2 victory for a 3-2 series lead over the Capitals in the Eastern Conference semifinal. BRUCE BENNETT/GETTY IMAGES

NHL. Bettman finds taker for Coyotes, says source

The Phoenix Coyotes are a step closer to having an owner after three years of waiting.

NHL commissioner Gary Bettman announced Monday that the league has reached a preliminary agreement to sell the team to a group headed by former San Jose Sharks CEO Greg Jamison.

Bettman said the league and the group will work toward reaching a formal sales agreement while Jamison negotiates with the city of the Glendale on a new lease for Jobing.com Arena. Bettman said he hopes to have the sale completed in a matter of weeks, not months.

Gary Bettman GETTY IMAGES

THE ASSOCIATED PRESS

NFL

Bills show Jackson the money

The Buffalo Bills have delivered on their promise to reward running back Fred Jackson by signing him to a two-year contract extension that's potentially worth $9 million US.

The deal was announced Monday at a news conference attended by Jackson and team officials.

"It's a big day," Jackson said. "I'm happy to be here and I'm glad that this is over with and now we can focus on playing football."

THE ASSOCIATED PRESS

Kentucky Derby. Autopsy results withheld in mysterious death at track

Investigators are trying to uncover clues in the death of a track worker whose body was found in a horse stable just hours after I'll Have Another was crowned champion of the Kentucky Derby.

A Kentucky coroner refused to release autopsy results Monday for 48-year-old Adan Fabian Perez, whose body was found Sunday morning in the back portion of Barn No. 8. That's just a few barns away from where Canadian-owned I'll Have Another was stabled.

Authorities have no suspects but stressed that Perez's killing had no apparent connection to the iconic horse race. Jo-Ann Farmer, chief deputy coroner for Jefferson County, said Monday she was withholding information pending the investigation into the death. She said the autopsy did reveal injuries on Perez's body.

THE ASSOCIATED PRESS

Staggering Bulls face uphill battle

NBA. With key players injured, Chicago must overcome 3-1 deficit

It seemed almost unthinkable that the Chicago Bulls could be in this spot.

Yet here they are, trailing the Philadelphia 76ers 3-1 in the first round and trying to avoid elimination as they return home for Game 5 on Tuesday night.

If the Bulls lose, they will be just the fifth No. 1 seed to fall to an eighth seed. It would also give Philadelphia its first series victory since 2003, a scenario few envisioned when the postseason started.

They also realize it'll take a wild comeback for them to advance, particularly given their injuries. They lost Derrick Rose for the remainder of the season to a torn anterior cruciate ligament in his left knee in the series opener, and centre Joakim Noah will likely sit out a second straight game due to a sprained left ankle.

As they staggered back home following Sunday's 89-82 loss, they sure looked like a beaten team. History says they're just about finished, too. Only eight teams have come back from a 3-1 deficit to win a best-of-seven series.

Bulls guard Richard Hamilton wasn't conceding anything. He was with Detroit when the Pistons turned the trick in 2003, beating Orlando in the first round after having fallen behind 3-1 and advancing to the conference finals.

The only other eight seeds to knock off a No. 1 are Denver (1994), New York (1999), Golden State (2007) and Memphis last season, when they eliminated San Antonio. THE ASSOCIATED PRESS

Quoted

"It's been a crazy year from beginning to right now."

Chicago guard Richard Hamilton

Chicago Bulls' Joakim Noah, sidelined by a sprained ankle, reacts from the bench Sunday in Philadelphia. MICHAEL PEREZ/THE ASSOCIATED PRESS

NBA

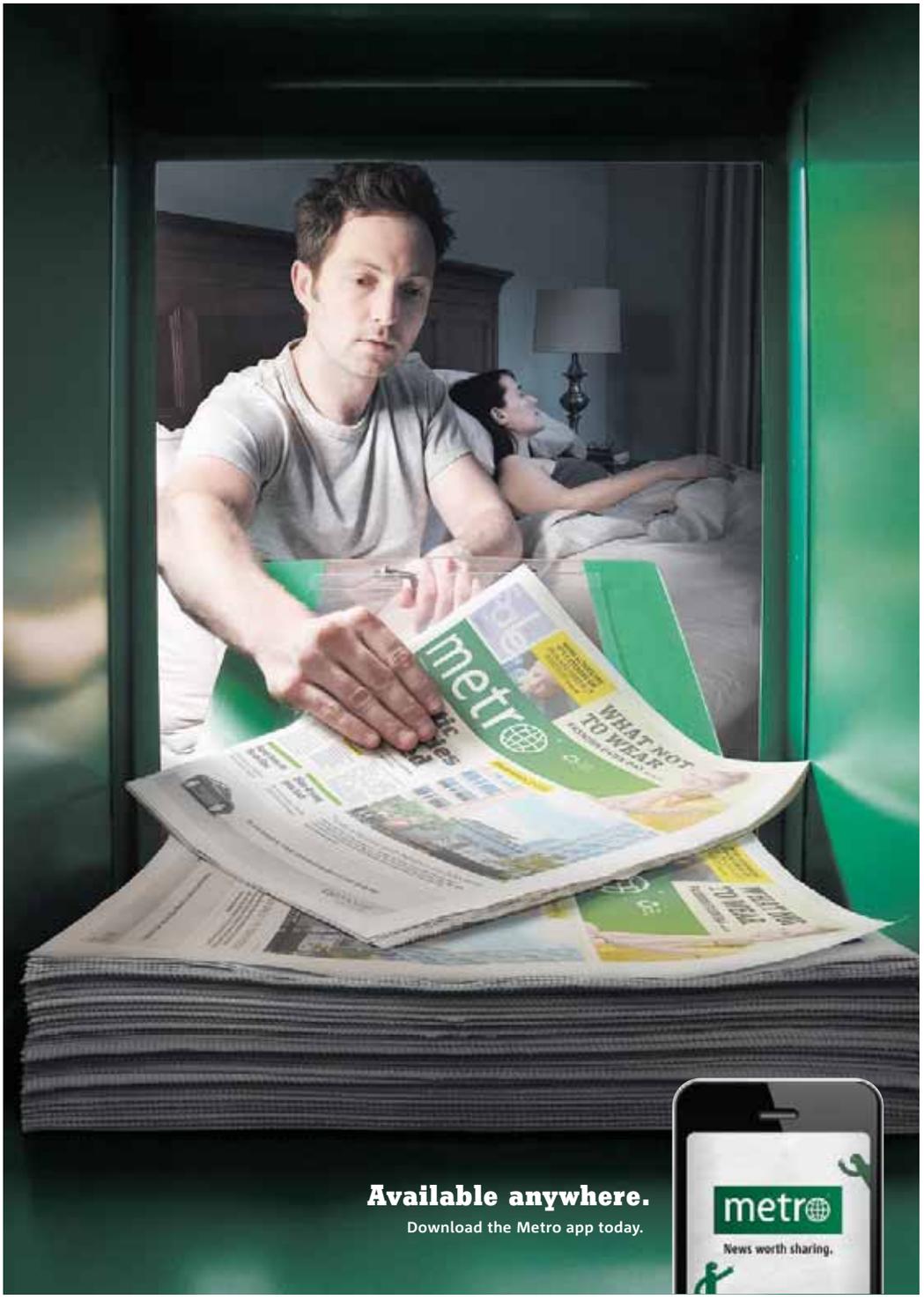
Knee injury could finish Davis' career

Baron Davis has torn the anterior cruciate and medial collateral ligaments in his right knee, a potentially career-threatening injury for the Knicks' 33-year-old point guard.

The Knicks said Davis will have surgery this week and is expected to be out a year after an MRI on Monday also revealed a partial tear of the patella tendon. Knicks coach Mike Woodson said Monday he also isn't counting on Jeremy Lin to return Wednesday for Game 5 of their series in Miami. THE ASSOCIATED PRESS

Riders pile up near Giro d'Italia finish line

Mark Cavendish crashes during the third stage of the Giro d'Italia on Monday in Horsens, Denmark. Cavendish, who won the second stage on Sunday, fell hard on his left shoulder and side but got up and carried his bike across the finish line. About 15 riders were involved in the crash. FABIO FERRARI/THE ASSOCIATED PRESS



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	19	10	.655	—
Tampa Bay	19	10	.655	—
Toronto	16	13	.552	3
New York	15	13	.536	3½
Boston	11	16	.407	7

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	16	11	.593	—
Detroit	14	13	.519	2
Chicago	13	16	.448	4
Kansas City	9	18	.333	7
Minnesota	7	20	.259	9

WEST DIVISION

	W	L	Pct	GB
Texas	19	10	.655	—
Oakland	15	14	.517	4
Seattle	13	17	.433	6½
Los Angeles	12	17	.414	7

Yesterday's results
Cleveland 8, Chicago White Sox 6, 1st game
Texas 14, Baltimore 3
Chicago White Sox at Cleveland, 2nd game
Boston at Kansas City
L.A. Angels at Minnesota
Detroit at Seattle
Sunday's results
Detroit 3, Chicago White Sox 1
Cleveland 4, Texas 2
Baltimore 9, Boston 6, 17 innings
Oakland 9, Tampa Bay 5
N.Y. Yankees 10, Kansas City 4
L.A. Angels 4, Toronto 3
Seattle 5, Minnesota 2
Tonight's games — All Times Eastern
Chicago White Sox (Danks 2-4) at Cleveland (Masterson 1-2), 7:05 p.m.
Tampa Bay (Shields 5-0) at N.Y. Yankees (Nova 3-1), 7:05 p.m.
Texas (Feliz 1-1) at Baltimore (Arrieta 2-2), 7:05 p.m.
Boston (Bard 2-3) at Kansas City (Duffy 2-2), 8:10 p.m.
L.A. Angels (Haren 1-2) at Minnesota (Diamond 0-0), 8:10 p.m.
Toronto (R.Romero 4-0) at Oakland (McCarthy 2-3), 10:05 p.m.
Detroit (Verlander 2-1) at Seattle (Millwood 0-3), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	18	10	.643	—
Atlanta	18	11	.621	½
New York	16	13	.552	2½
Miami	15	14	.517	3½
Philadelphia	14	16	.467	5

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	17	11	.607	—
Cincinnati	14	13	.519	2½
Houston	13	16	.448	4½
Milwaukee	12	16	.429	5
Pittsburgh	12	16	.429	5
Chicago	11	17	.393	6

WEST DIVISION

	W	L	Pct	GB
Los Angeles	18	10	.643	—
San Francisco	14	14	.500	4
Arizona	14	15	.483	4½
Colorado	12	15	.444	5½
San Diego	9	20	.310	9½

Last night's results
N.Y. Mets 5, Philadelphia 2
Miami 4, Houston 0
Atlanta at Chicago Cubs
Cincinnati at Milwaukee
St. Louis at Arizona
Colorado at San Diego
San Francisco at L.A. Dodgers
Sunday's results
N.Y. Mets 3, Arizona 1
Cincinnati 5, Pittsburgh 0
St. Louis 8, Houston 1
Chicago Cubs 4, L.A. Dodgers 3, 11 innings
Atlanta 7, Colorado 2
Miami 6, San Diego 3
San Francisco 4, Milwaukee 3, 11 innings
Philadelphia 9, Washington 3
Tonigh's games
N.Y. Mets (Batista 0-1) at Philadelphia (Blanton 3-3), 7:05 p.m.
Washington (E.Jackson 1-1) at Pittsburgh (A.J.Burnett 1-2), 7:05 p.m.
Atlanta (Delgado 2-3) at Chicago Cubs (Dempster 0-1), 8:05 p.m.
Miami (A.Sanchez 2-0) at Houston (A.Rodriguez 0-0), 8:05 p.m.
Cincinnati (Bailey 1-2) at Milwaukee (Gallardo 1-3), 8:10 p.m.
St. Louis (Westbrook 3-2) at Arizona (I.Kennedy 3-1), 9:40 p.m.
Colorado (Undecided) at San Diego (Suppan 1-0), 10:05 p.m.
San Francisco (Vogelsong 0-2) at L.A. Dodgers (Kershaw 2-0), 10:10 p.m.

SUNDAY

ANGELS 4, BLUE JAYS 3

Toronto	ab	r	h	bi	L.A. Angels	ab	r	h	bi
KJhnsn 2b	4	0	2	1	Trout cf	4	1	1	0
Thams lf	4	0	1	1	MIzturs 2b	4	1	2	0
Bautist rf	4	1	1	0	Pujols 1b	4	1	1	2
Lind dh	3	0	0	0	KMorls dh	4	1	1	0
RDavis pr-dh	0	0	0	0	Trumo rf	3	0	2	1
Encrnc 1b	3	0	0	1	TrHntr rf	1	0	0	0
Lawrie 3b	3	0	0	0	V.Wells lf	4	0	1	0
Rasms cf	4	0	1	0	Callasp 3b	4	0	2	1
Arencii c	4	2	3	0	Aybar ss	3	0	0	0
Mathis pr	0	0	0	0	Iannett c	3	0	0	0
Vizquel ss	4	0	1	0					
Totals	**33**	**3**	**9**	**3**	**Totals**	**34**	**4**	**10**	**4**

Toronto	**001**	**001**	**100 — 3**
L.A. Angels	**000**	**220**	**00x — 4**

E—Pujols (1). DP—Los Angeles 3. LOB—Toronto 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.

Toronto	IP	H	R	ER	BB	SO
Hutchison L,1-1	5 1-3	8	4	4	0	6
Oliver	1-3	1	0	0	0	0
Frasor	1-3	0	0	0	0	0
Janssen	1	1	0	0	0	1
Villanueva	1	0	0	0	0	2
L.A. Angels						
Williams W,3-1	6 2-3	8	3	2	1	4
D.Carpenter H,1	1-3	0	0	0	0	1
Frieri H,1	1	0	0	0	1	1
S.Downs H,5	1-3	1	0	0	0	0
Hawkins S,1-1	2-3	0	0	0	0	0

T—2:51. A—37,548 (45,957) at Anaheim, Calif.

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP

PRELIMINARY ROUND

Yesterday's results
At Helsinki
Canada 7 France 2
Slovakia 4 U.S. 2
At Stockholm
Czech Republic 4 Norway 3 (SO)
Sweden 6 Denmark 4
Sunday's results
At Helsinki — Finland 1 Slovakia 0
France 6 Kazakhstan 3
Switzerland 3 Belarus 2
At Stockholm — Italy 4 Denmark 3 (OT)
Latvia 3 Germany 2
Russia 4 Norway 2

NHL PLAYOFFS

STANLEY CUP

CONFERENCE SEMIFINALS

(Best-of-7)
All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. WASHINGTON (7)
(New York leads series 3-2)
Last night's result
N.Y. Rangers 3 Washington 2 (OT)
Saturday's result
Washington 3 N.Y. Rangers 2
Tomorrow's game
N.Y. Rangers at Washington, TBA
Saturday, May 12
x-Washington at N.Y. Rangers, TBA
PHILADELPHIA (5) VS. NEW JERSEY (6)
(New Jersey leads series 3-1)
Sunday's result
New Jersey 4 Philadelphia 2
Tonight's game
New Jersey at Philadelphia, 7:30 p.m.
Thursday's game
x-Philadelphia at New Jersey, TBA
Saturday, May 12
x-New Jersey at Philadelphia, TBA

WESTERN CONFERENCE

ST. LOUIS (2) VS. LOS ANGELES (8)
(Los Angeles wins series 4-0)
Sunday's result
Los Angeles 3 St. Louis 1
PHOENIX (3) VS. NASHVILLE (4)
(Phoenix leads series 3-1)
Last night's result
Nashville at Phoenix
Friday's result
Phoenix 1 Nashville 0
Tomorrow's game
x-Phoenix at Nashville, TBA
Friday's game
x-Nashville at Phoenix, TBA
x — played only if necessary.

RANGERS 3, CAPITALS 2 (OT)

First Period
1. N.Y. Rangers, Stralman 3 (Staal, Stepan) 10:44
Penalties — Hamrlik Wash (high-sticking) 14:31, Del Zotto NYR (tripping) 18:13.
Second Period
2. Washington, Laich 2 (Ovechkin, Brouwer) 8:15
Penalties — Green Wash (slashing) 0:38, Del Zotto NYR (interference) 4:14, Carlson Wash (delay of game) 12:35.
Third Period
3. Washington, Carlson 2 (Wideman, Brouwer) 4:20 (pp)
4. N.Y. Rangers, Richards 5 (Callahan, Del Zotto) 19:53 (pp)
Penalties — Rupp NYR (hooking) 2:39, Kreider NYR (high-sticking) 8:31, Ward Wash (double high-sticking) 19:38.
First Overtime
5. N.Y. Rangers, Staal 2 (Mitchell) 1:35 (pp)
Penalties — None.
Shots on goal by

Washington	4	6	8	0—18
N.Y. Rangers	17	9	10	2—38

Goal — Washington: Holtby (L,6-6-0); N.Y. Rangers: Lundqvist (W,7-5-0).
Power plays (goals-chances) — Washington: 1-4; N.Y. Rangers: 2-4.
Referees — Chris Lee, Kelly Sutherland.
Linesmen — , Derek Amell.
Att. — 18,200 (18,200) at New York.

LATE SUNDAY

DEVILS 4, FLYERS 2

First Period
1. Philadelphia, Hartnell 3 (Giroux, Timonen) 11:50 (pp)
2. Philadelphia, Giroux 8 (Talbot) 13:40 (sh)
3. New Jersey, Sykora 2 (Zidlicky, Zajac) 15:14 (pp)
4. New Jersey, Zidlicky 1 (Salvador, Kovalchuk) 18:09
Penalties — Zajac NJ (interference) 8:55, Zidlicky NJ (interference) 11:43, Lilja Pha (tripping) 13:27, Hartnell Pha (interference) 18:32.
Second Period
5. New Jersey, Zubrus 2 (Henrique, Sykora) 17:47
Penalties — Couturier Pha (delay of game) 5:12, Giroux Pha (illegal check to head minor) 19:56.
Third Period
6. New Jersey, Zubrus 3 (Fayne, Brodeur) 19:15 (en)
Penalty — Timonen Pha (holding) 16:24.
Shots on goal by

Philadelphia	7	5	10	— 22
New Jersey	16	16	11	— 43

Goal — Philadelphia: Bryzgalov (L,5-5-0); New Jersey: Brodeur (W,7-3-0). **Power plays (goals-chances)** — Philadelphia: 1-2; New Jersey: 1-5.
Attendance — 17,625 (17,625) at Newark, N.J.

SCORING LEADERS

	G	A	PT
Giroux, Pha	8	9	17
Briere, Pha	8	4	12
Brown, LA	6	5	11
McDonald, StL	5	5	10
Zajac, NJ	5	5	10
Kovalchuk, NJ	4	6	10
Kopitar, LA	3	7	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
B.Richards, NYR	4	5	9
Vermette, Phx	5	3	8
Parise, NJ	4	4	8
Crosby, Pgh	3	5	8
Gaborik, NYR	3	5	8
Hartnell, Pha	3	5	8
Malkin, Pgh	3	5	8
M.Richards, LA	3	5	8
Schenn, Pha	3	5	8
Jagr, Pha	1	7	8
Ovechkin, Wash	4	3	7
Berglund, StL	3	4	7
Boedker, Phx	3	4	7
Penner, LA	2	5	7
Williams, LA	2	5	7
Clarkson, NJ	1	6	7
Yandle, Phx	0	7	7
Bergenheim, Fla	3	3	6
Kennedy, Pgh	3	3	6
Zubrus, NJ	3	3	6
Anisimov, NYR	2	4	6
Backstrom, Wash	2	4	6
Carle, Pha	2	4	6
Dupuis, Pgh	2	4	6
Klesla, Phx	2	4	6
Kunitz, Pgh	2	4	6
Neal, Pgh	2	4	6
Sullivan, Pgh	2	4	6
Whitney, Phx	2	4	6
Doughty, LA	1	5	6
Girardi, NYR	1	5	6
Radulov, Nash	1	5	6
Simmonds, Pha	1	5	6
Stepan, NYR	1	5	6
Zidlicky, NJ	1	5	6
Bourque, Nash	3	2	5
Callahan, NYR	3	2	5
Chimera, Wash	3	2	5
Doan, Phx	3	2	5
Elias, NJ	3	2	5
Legwand, Nash	3	2	5
Peverley, Bos	3	2	5
Read, Pha	3	2	5
Spezza, Ott	3	2	5
Talbot, Pha	3	2	5

Not including last night's games

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)
All Times Eastern

EASTERN CONFERENCE

CHICAGO (1) VS. PHILADELPHIA (8)
(Philadelphia leads series 3-1)
Sunday's result
Philadelphia 89 Chicago 82
Tonight's game
Philadelphia at Chicago, 9:30 p.m.
MIAMI (2) VS. NEW YORK (7)
(Miami leads series 3-1)
Sunday's result
New York 89 Miami 87
Tomorrow's game
New York at Miami, 7 p.m.
INDIANA (3) VS. ORLANDO (6)
(Indiana leads series 3-1)
Saturday's result
Indiana 101 Orlando 99 (OT)
Tonight's game
Orlando at Indiana, 7 p.m.
BOSTON (4) VS. ATLANTA (5)
(Boston leads series 3-1)
Sunday's result
Boston 101 Atlanta 79
Tonight's game
Boston at Atlanta, 8 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS. UTAH (8)
(San Antonio leads series 3-0)
Last night's result
San Antonio at Utah
Saturday's result
San Antonio 102 Utah 90
Tomorrow's game
x-Utah at San Antonio, 8:30 p.m.
OKLAHOMA CITY (2) VS. DALLAS (7)
(Oklahoma City wins series 4-0)
Saturday's result
Oklahoma City 103 Dallas 97
L.A. LAKERS (3) VS. DENVER (6)
(L.A. Lakers lead series 3-1)
Sunday's result
L.A. Lakers 92 Denver 88
Tonight's game
Denver at L.A. Lakers, 10:30 p.m.
MEMPHIS (4) VS. L.A. CLIPPERS (5)
(L.A. Clippers lead series 2-1)
Last night's result
Memphis at L.A. Clippers
Saturday's result
L.A. Clippers 87 Memphis 86
Tomorrow's game
L.A. Clippers at Memphis, 9:30 p.m.
x — played only if necessary

LACROSSE

NLL PLAYOFFS

DIVISIONAL SEMIFINALS

EAST DIVISION
Saturday's result — Toronto 7 Buffalo 6
Friday's result — Rochester 14 Philadelphia 13
WEST DIVISION
Saturday's results
Edmonton 19 Calgary 11
Minnesota 14 Colorado 10

DIVISIONAL FINALS

Saturday, May 12 — All Times Eastern
EAST DIVISION
Rochester at Toronto, 7 p.m.
WESTDIVISION
Edmonton at Minnesota, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	9	7	2	0	12	5	21
D.C. United	11	5	3	3	20	15	18
New York	9	5	3	1	19	14	16
Chicago	7	3	2	2	9	9	11
Montreal	10	3	5	2	11	15	11
New England	9	3	6	0	8	12	9
Houston	6	2	2	2	7	8	8
Columbus	8	2	4	2	6	10	8
Philadelphia	8	2	5	1	5	9	7
Toronto	8	0	8	0	6	18	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	10	7	2	1	21	11	22
Real Salt Lake	11	7	3	1	18	12	22
Seattle	8	6	1	1	11	3	19
Vancouver	9	5	2	2	9	7	17
Colorado	10	5	5	0	15	12	15
Dallas	10	3	4	3	10	14	12
Los Angeles	9	3	5	1	11	14	10
Chivas USA	9	3	6	0	5	11	9
Portland	9	2	5	2	9	13	8

Sunday's result
Colorado 2 Dallas 0
Saturday's results
Vancouver 2 San Jose 1
Montreal 2 Kansas City 0
D.C. United 2 Toronto 0
New York 1 Los Angeles 0
Seattle 1 Philadelphia 0
Real Salt Lake 2 New England 1
Columbus 0 Portland 0
Friday's result
Chicago 2 Chivas USA 1
Tomorrow's games
Houston at New York, 7 p.m.
Real Salt Lake at Chicago, 8:30 p.m.
Seattle FC at FC Dallas, 8:30 p.m.
Saturday, May 12
Los Angeles at Montreal, 4 p.m.
D.C. United at Houston, 4:30 p.m.
FC Dallas at Columbus, 7:30 p.m.
Vancouver at New England, 7:30 p.m.
Sporting Kansas City at Chicago, 8:30 p.m.
Real Salt Lake at Seattle FC, 10 p.m.
Sunday, May 13
New York at Philadelphia, 12:30 p.m.
Chivas USA at San Jose, 7 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
Blackburn 0 Wigan 1

LEAGUE CHAMPIONSHIP PLAYOFFS

Semifinals
Second Leg
Yesterday's results
West Ham 3 Cardiff 0
(West Ham advances on 5-0 aggregate)

FRANCE

LIGUE 1

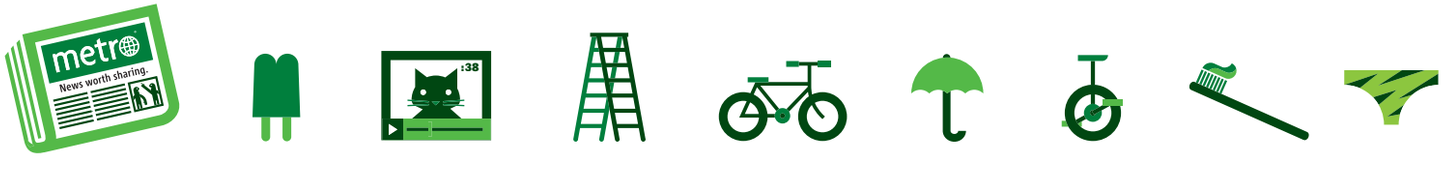
Yesterday's results
Auxerre 2 Bordeaux 4
Lille 3 Caen 0
Lorient 0 Dijon 0
Rennes 0 Montpellier 2
Saint-Etienne 0 Marseille 0
Sochaux 1 Nancy 0
Toulouse 0 Nice 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Hibernian 4 Dunfermline 0

Sharability



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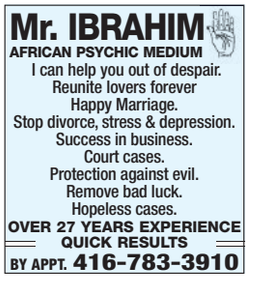

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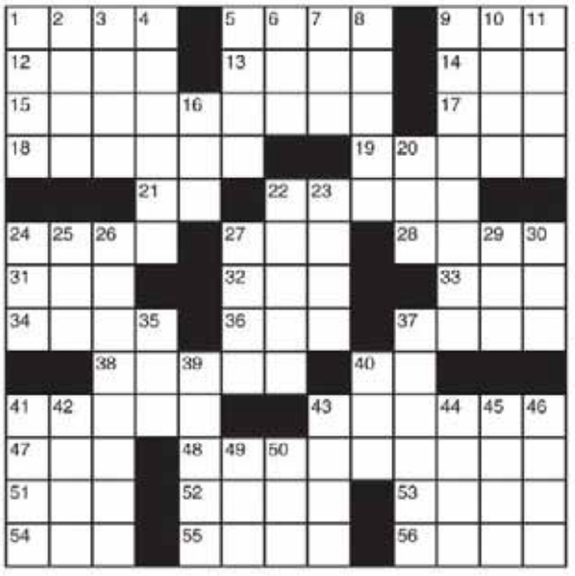
Crossword

Across

1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star
55 Existed
56 "CSI" actor George

Down

1 Cribbage props
2 Nashville entertainment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity
43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need
46 Tackles' teammates
49 Keatsian opus
50 Postal creed word



Sudoku

8		1				5		6
	7		8		6		4	
6								8
		5	6		8	3		
	8						1	
		4	9		7	8		
3								2
	6		2		9		7	
4		9				6		3

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	9	6	2	7	8	5	1	4
5	4	7	6	1	9	3	2	8
1	2	8	5	3	4	7	6	9
4	1	2	3	8	6	9	7	5
6	7	9	4	2	5	8	3	1
8	5	3	7	9	1	2	4	6
2	8	5	1	6	7	4	9	3
9	3	1	8	4	2	6	5	7
7	6	4	9	5	3	1	8	2

Yesterday's Crossword

P	A	P	A		W	I	T		H	E	A	T		
E	G	O	S		A	C	E		O	U	C	H		
E	U	P	H	O	R	I	A		B	R	I	E		
R	E	S	E	A	T		M	O	N	O	D	Y		
			N	T	H		S	W	A	P				
A	B	E		S	O	L		L	I	E	G	E		
L	A	U	D		G	E	E		L	A	N	A		
P	A	L	E	D		I	M	P		N	U	T		
		O	P	E	D		P	O	W					
B	E	G	O	N	E		E	N	A	M	E	L		
I	S	I	S		E	U	R	Y	D	I	C	E		
N	A	Z	I		P	R	O		E	R	R	S		
D	U	E	T		S	I	R		D	E	U	S		

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCDUJXY VK QXGKSQ PI RGX YSUVPIY, FPW JPWDY NUF RGUR GX CDUFXY SI DSXW PB DPW.

Yesterday's Cryptoquip: WHAT SONG MIGHT SOMEBODY SING WHILE REMODELING APARTMENT WALLS? "GOODBYE, OLD PAINT."

Today's Cryptoquip Clue: R equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 21°/10° Partly sunny
Wednesday 17°/7° Thundershowers 60%
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Horoscope

Aries | March 21 - April 20. Aim to make money and move up in the world.

Taurus | April 21 - May 21. At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.

Gemini | May 22 - June 20. You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.

Cancer | June 21 - July 22. You know what you want but try not to be too pushy or impatient because that could cause resentment among those who don't share your hunger to succeed.

Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.

Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.

Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.

Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to mind their own business.

Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.

Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.

Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.

Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.

SALLY BROMPTON

Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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